

Use your Vitamin Dictionary to help you complete these sentences.

NUTRITION

FILL-IN-THE-BLANK: VITAMINS

1. A, D, E, and K are _____ soluble vitamins; the body can store them so they do not need to be replenished every day.
2. _____ are substances that contain carbon and come from living things.
3. Vitamin B is usually referred to as B complex because there are _____ different B vitamins.
4. B and C are _____ soluble vitamins; the body does not store them and they must be replenished each day.
5. Vitamin ____ can be made by the body from beta-carotene found in brightly colored fruits and vegetables such as carrots, cantaloupe, and sweet potatoes.
6. Vitamin ____ is important for maintaining healthy vision so we can react to changes in light and distinguish between different colors.
7. Vitamin ____ can be found in enriched bread products and whole grains. It helps the body produce energy from carbohydrates.
8. Good sources of vitamin ____ are the sun, fortified milk, cod liver oil, eggs, or salmon.
9. The _____ vitamins have many roles in the body; two of the most important roles are to help produce energy from carbohydrates and break down fats and proteins.
10. Vitamin ____ can be found in citrus fruits, potatoes, strawberries, tomatoes, kiwi, broccoli, spinach, and other leafy greens.
11. Vitamin K is needed for _____ and good sources are green leafy vegetables, vegetable oils such as soybean and canola, and green tea.
12. Vitamin ____ helps the body maintain calcium and phosphorous (minerals) at healthy levels to help the nervous and immune systems.