

Vitamin	Main Food Sources	Comments
<u>Vitamin A</u>	Offal (e.g. liver), oily fish, green leafy vegetables, dairy products, carrots, red peppers, sweet potatoes, dried apricots	Helps boost eyesight, helps the growth and repair of bones, gums and teeth and is important for energy. It improves appetite and sense of taste. It can also help skin conditions, as well as ulcers, respiratory and urinary problems.
<u>Vitamin B1</u>	Sunflower seeds, tuna, beans, peas, lentils	Is essential for maintaining a healthy heart and nervous system. It may also help protect against cataracts and Alzheimer's.
<u>Vitamin B2</u>	Wheat germ, dairy products, offal, eggs, yeast extract, oily fish	Helps repair damaged skin, hair and nails. It is also important for body growth and red blood cell production. And it may reduce the risk of cataracts and migraine headaches.
<u>Vitamin B3</u>	Fish, chicken, dairy products, eggs, green leafy vegetables	Helps produce energy from the foods we eat. It also helps keep our nerves and muscle tissue healthy.
<u>Vitamin B5</u>	Meat, chicken, liver, yeast extract, egg yolk, nuts, whole grains	All B vitamins help the body convert food to produce energy. Vitamin B5 is critical to the manufacture of red blood cells and is also important in maintaining a healthy digestive tract.
<u>Vitamin B6</u>	Whole grains, wheat germ, cruciferous vegetables (like cauliflower, cabbage, broccoli and brussels sprouts), fortified breakfast cereal	Helps our bodies use and store energy from protein and carbohydrates in the food we eat – and helps create haemoglobin, the substance that carries oxygen around our body.
<u>Vitamin B12</u>	Offal, meat, fish, dairy products, eggs, seaweed,	Important for making red blood cells and keeping the nervous system healthy – deficiency can cause anaemia.

	fortified breakfast cereal	
<u>Vitamin C</u>	Berries, citrus fruit, vegetables, onion, tomatoes, peppers, potatoes	Helps protect cells and keeps them healthy; helps maintain healthy connective tissue, which gives support and structure for other tissue and organs; and helps wound healing. Also essential for our immune system.
<u>Vitamin D</u>	oily fish, milk, egg yolk, fortified margarine	However, the main natural source of Vitamin D is from moderate exposure of our skin to the sun.
<u>Vitamin E</u>	Nuts, seeds, beans, whole grains, fatty fishes, vegetable oil, green leafy vegetable, avocado	Has anti-oxidant effects (which can prevent or delay some types of cell damage) and is important in helping your body make red blood cells. Also helps the healing process.
<u>Vitamin K</u>	Dark green vegetables, dairy products, fish liver oil, egg yolk	Essential for blood clotting and to help wounds heal properly. Helps absorption of calcium in our bones.