

# Vitamins

## The ABCs of vitamins!

Vitamins are important for our body and health because they help with growth and repair. There are many vitamins, and they all support different functions in our body.



**Vitamin A helps with eye and vision health.**

Eat more yellow and orange vegetables such as carrots, tomatoes and bell peppers. These are rich in beta carotene.



**Vitamin C boosts your immune system.**

Eat more citrus fruit, sweet peppers, strawberries and cantaloupe to help prevent getting sick.



**Vitamin K improves blood clotting and bone health.**

Foods high in vitamin K include green leafy vegetables such as spinach, broccoli, asparagus, green beans and kiwis.



**B12 improves red blood cells, DNA, brain and nerve cells.**

As people age, it gets harder to absorb vitamin B12, so eat plenty of foods high in vitamin B12 such as liver, clams, tuna, beef, dairy products and fortified cereal.



**Vitamin D builds strong teeth, bones, muscles and mental health.**

The older you get, the more vitamin D you will need. Adults under 70 need 600 IU (15 mcg), and adults over 70 need 800 IU (20 mcg) daily.

Fatty fish and fish oils, fortified milk, yogurt, fortified soy milk and fortified orange juice are good sources of vitamin D. Eggs, commercial mushrooms, fortified cereal and cheese also have vitamin D.



## Did you know?

Some foods, such as leafy green vegetables, may interfere with medications like blood thinners. Eliminating these foods is not always necessary. Instead, it is more important to keep intake of leafy green vegetables consistent (not drastically increasing or decreasing the amount you regularly eat). Your health care provider can help you navigate food and medication interactions.

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