



UNIVERSITY of CALIFORNIA  
**Agriculture &  
Natural Resources**

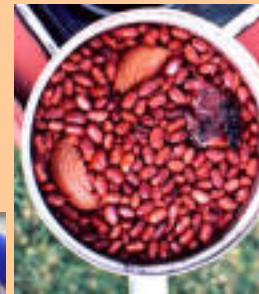
**Cooperative Extension \* Monterey County**

*Family Nutrition Education Program  
1432 Abbott Street, Salinas, CA 93901*

*What's in It For Me?  
Vitamin Riches*



*The Food Stamp Program helps participants to purchase  
nutritious foods for better diet and funds this publication*



What's in It for Me?

## Vitamins and Minerals

You're eating lunch with your co-workers. Sara is snacking on chips and drinking a soda.

Luis has a sandwich: turkey and Swiss cheese on wheat bread with lettuce and tomato—plus a banana and milk.



By the end of the day, you notice that Sara is dragging



and Luis is still full of energy

What's the deal? The difference comes from the **vitamins, minerals** and other nutrients in their lunches.

# **What Vitamins and Minerals do...**

**...help your body work properly.**

- They boost your immune system**
- Are essential for growth**
- Help cells and organs do their jobs**

*Some Vitamins – A, D, E and K – are stored in your body to be used as needed.*

**Other Vitamins – C and B- are not stored in your body, so you need a fresh supply of these vitamins each day.**

Here's "what's in it for you":

Type -

Benefits -

Vitamin A

Sources:

*Prevents eye problems, keeps immune system healthy, helps growth of cells and keeps skin healthy*



## Type -

**Vitamin C**  
(also called  
ascorbic acid)

## Sources:



## Benefits -

*Helps form connective tissue; promotes healthy capillaries; gums, and teeth; helps the body to absorb iron and calcium; and protects the body against certain illnesses.*

**Type -**

**Vitamin D**

**Benefits -**

*Strengthens bones*

**Sources:**



+



= **Vitamin D**

*This vitamin is unique – your body makes it, from sunlight. You also get Vitamin D from:*



*and some*



**Type -**

**Vitamin B12**

**Sources:**

**Benefits -**

*Promotes normal growth and development.*

*Helps to make red blood cells.*



**Type -**

**Benefits-**

**Vitamin B6**

*Important for normal brain function.*

*Helps to build proteins for growth and development.*

**Sources:**



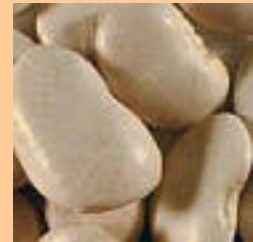
## Type -

**Thiamin  
(also called  
Vitamin B1)**

## Benefits-

*Keeps the nervous  
system healthy.*

## Sources:



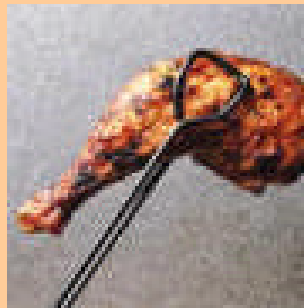
**Type -**

**Benefits-**

**Niacin**  
**(also called**  
**Vitamin B3)**

*It lowers blood  
cholesterol levels*

**Sources:**



## Type -

**Riboflavin  
(also called  
Vitamin B2)**

## Sources:



## Benefits-

*Essential to the  
production of energy  
in the body and for  
normal growth  
of body tissues.*

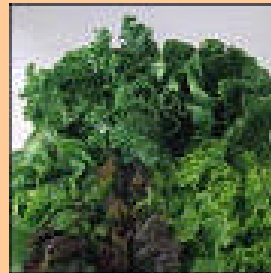
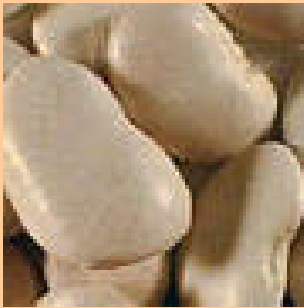
## Type -

**Folacin**  
(also called  
folic acid,  
folate, and  
Vitamin B9)

## Benefits-

*Essential for  
normal tissue  
growth and for  
keeping the heart  
healthy.*

## Sources:



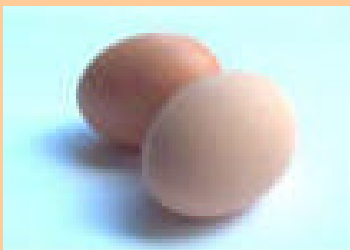
**Type -**

**Benefits-**

**Vitamin K**

*Helps blood to clot.  
Helps the body  
use calcium.*

**Sources:**



# Healthful Food? What's In It For Me?



*What's in Vitamins  
for me?*

- **Good vision**
- **Strong bones**
- **Healthy heart**
- **Low cholesterol**
- **Normal growth**
- **Healthy skin**
- **Healthy gums**
- **Healthy nervous system**
- **Strong immune system, capillaries and teeth**
- **Plenty of red blood cells**
- **Prevention of disease**