



Vital vitamins



We all know that vitamins are good for us, but which ones do we really need? And what's the best way to get them? Vitamins are micronutrients that are only needed in small amounts and help our bodies to work well. Our bodies can't make them, which is why it's vital to eat food that is rich in vitamins.

There are two types of vitamin: water soluble vitamins (C and B group) and fat soluble vitamins (A, D, E, and K). Our bodies don't store water soluble vitamins – we get rid of them through our urine – so we need regular, small doses of them. Fat soluble vitamins are stored in our body and stay there for a long time.

Vitamins have different functions. You've probably been told that to avoid getting a cold or to fight one off you need to eat fruit high in vitamin C, like citrus fruit or kiwifruit. Strictly this isn't true. Vitamin C can't cure a cold but it can help you fight an infection, as well as helping to heal wounds and cuts and maintain healthy teeth and gums.

Vitamins can be destroyed by heat and light, such as when food is processed, cooked, and stored. Water-soluble vitamins deteriorate more during cooking and processing than fat soluble vitamins.



Vitamin C is found in fruit like oranges, lemons, and kiwifruit.



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