



VITAMIN AND THEIR TYPES

A vitamin is an organic compound, which means that it contains carbon. It is also an essential nutrient that the body may need to get from food.

Vitamin A

It is fat-soluble.
 Function: It is essential for eye health.
 Deficiency: This may cause night blindness and keratomalacia, which causes the clear front layer of the eye to grow dry

and cloudy.
 Good sources: These include liver, cod liver oil, carrots, broccoli, sweet potatoes, butter, kale, spinach, pumpkins, collard greens, some cheeses, eggs, apricots, cantaloupe melon, and milk.

Vitamin B

It is water-soluble.
 Function: It is essential for producing various enzymes that help break down blood sugar.
 Deficiency: This may

cause beriberi and Wernicke-Korsakoff syndrome.
 Good sources: These include yeast, pork, cereal grains, sunflower seeds, brown rice, whole grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver, and eggs.

Vitamin C

It is water-soluble.
 Function: It contributes to collagen production, wound

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healing, and bone formation. It also strengthens blood vessels, supports the immune system, helps the body absorb iron, and acts as an antioxidant.

Deficiency: This may result in scurvy, which causes bleeding gums, a loss of teeth, and poor tissue growth and wound healing.

Good sources: These include fruit and vegetables, but cooking destroys vitamin C.

Vitamin D

It is fat-soluble.
 Function: It is necessary for the healthy mineralization of bone.
 Deficiency: This may cause rickets and osteomalacia, or softening of the bones.
 Good sources: Exposure to UVB rays from the sun or other sources causes the

body to produce vitamin D. Fatty fish, eggs, beef liver, and mushrooms also contain the vitamin.

Vitamin E

It is fat-soluble.
 Function: Its antioxidant activity helps prevent oxidative stress, an issue that increases the risk of widespread inflammation and various diseases.

Deficiency: This is rare, but it may cause hemolytic anemia in newborns. This condition destroys blood cells.

Good sources: These include wheat germ, kiwis, almonds, eggs, nuts, leafy greens, and vegetable oils.

