

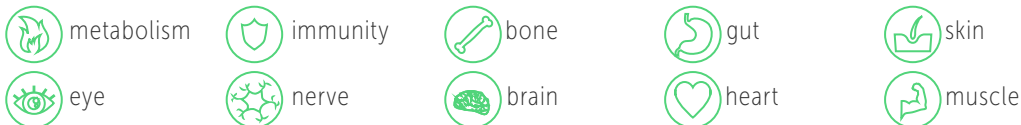
VITAMINS FACT SHEET

Are you confused by what folate, folic acid, or folinic acid are? Not sure about the difference between dihydroxyvitamin D [1,25(OH)2D], calcitriol, or cholecalciferol? Prefer vitamin C over ascorbic acid? All vitamins have common and scientific names. Even though some names may sound scary or unfamiliar, they are simply the scientific name for a common vitamin. Use this fact sheet to clear up the "alphabet soup" of vitamins: what they are, what health benefits they offer, and where you can find them in food.



Vitamin	Other Names / Precursors	Functions in the Body	Where to Find in Foods
A	retinol, retinyl palmitate, vitamin A palmitate, vitamin A acetate, beta-carotene		animal-based foods like liver, dairy products, and fish; plant-based foods like carrots, broccoli, squash, peas, spinach, cantaloupe, and oils; and fortified foods like grains, margarine, and non-fat/low-fat milk
B1	thiamine, thiamine hydrochloride, thiamine mononitrate		animal-based foods like pork and ham; plant-based foods like whole grain foods; enriched foods like bread and bread products; and fortified foods like fortified cereals and fortified meat substitutes
B2	riboflavin, riboflavin 5'-phosphate sodium		animal-based foods like organ meats, milk, and milk products; plant-based foods like breads; and fortified foods like ready-to-eat cereals
B3	niacin, nicotinic acid, nicotinamide, niacinamide ascorbate		meat, fish, poultry, eggs, milk, beans, nuts, and whole and enriched grains
B5	pantothenic acid, calcium pantothenate, D-pantothenamide		animal-based foods like beef, fish, and poultry; plant-based foods like whole-grain foods; enriched grain foods like bread, pasta, flour, breakfast cereal, and rice; and fortified foods like ready-to-eat cereals
B6	pyridoxine, pyridoxine hydrochloride		animal-based foods like chicken, beef, liver, kidney, yeast, and eggs; and plant-based foods like potatoes, oat cereals, tomato products, broccoli, and whole-grain foods

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The Essential Guide to Nutrient Requirements. 2006. <http://www.nap.edu/catalog/11537.html>;

Nutrient Vitamins and Minerals: Handling/Processing. <https://www.ams.usda.gov/sites/default/files/media/Nutrient%20Vitamins%20TR%202015.pdf>



Vitamin	Other Names / Precursors	Functions in the Body	Where to Find in Foods
B7	biotin		few foods are good sources of biotin, consider supplements
B9	folate, folic acid, folacin		plant-based foods like dark green vegetables, beans, and legumes; enriched grain foods like bread, pasta, flour, breakfast cereal, and rice; and fortified foods like citrus juice
B12	cyanocobalamin		all animal-based foods, especially organ meats such as liver, shellfish, and some fish (such as herring, sardines, and trout); and fortified foods such as ready-to-eat cereals and meal replacement shakes
C	ascorbic acid, ascorbyl palmitate, calcium ascorbate, sodium ascorbate		plant-based foods like citrus fruits and juices, tomatoes and tomato juice, potatoes, brussels sprouts, cauliflower, broccoli, strawberries, cabbage, and spinach; and fortified foods
D	ergocalciferol, cholecalciferol, calcifediol, vitamin D2, vitamin D3		animal-based foods like fatty fish, some fish-liver oils, and eggs; and fortified foods like milk and milk products, margarine, breakfast cereals, and some fruit juices
E	tocopherols, alpha-tocopherol acetate, dl-alpha-tocopherol		animal-based foods like fatty meats; and plant-based foods like vegetable oils, cereal grains, nuts, fruits, vegetable
K	phylloquinone, phytomenadione, phytonadione		plant-based foods like leafy green vegetables, broccoli, canola oils, margarine, and soy foods

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- metabolism
- immunity
- bone
- gut
- skin
- eye
- nerve
- brain
- heart
- muscle

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