


Water Soluble Vitamins

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Vitamin:	Name:
B1	Thiamine
B2	Riboflavin
B3	Niacin
B5	Pantothenic Acid
B6	Pyridoxine
B7	Biotin
B9	Folate
B12	Cobalamin
C	Ascorbic Acid



- B and C vitamins
 - There are 8 B vitamins!
- Water-soluble vitamins (as oppose to fat-soluble vitamins) are NOT stored in the body
- You must replace water-soluble vitamins daily through the foods you eat
- Excess water-soluble vitamins are excreted in urine.
- Water-soluble vitamins are found in fruit, vegetables and grains.
- Unlike fat-soluble vitamins, they can be destroyed by heat or by being exposed to the air.
- They can also be lost in water used for cooking
- The best way to keep as many of the water-soluble vitamins as possible is to steam or grill foods (don't boil)

Thiamine (B1): breaks down energy and alcohol, plays role in nerve transmission

- Sources: whole grains, beef, steak, pork, fish, eggs, nuts, peas, legumes

Riboflavin (B2): enhances function of niacin and B12, nutrient breakdown, keeps skin, mouth, eyes, and nervous system healthy

Niacin (B3): keeps nerves and digestive system healthy, improves cholesterol and triglycerides

- Sources: broccoli, potatoes, chicken, mushrooms, bell peppers, fish, pork, beef

Pantothenic Acid (B5): fatty acid synthesis

- Sources: whole grains, beef, potatoes, sunflower seeds, tuna

Pyridoxine (B6): creates non-essential amino acids, helps with glucose breakdown

- Sources: same as others

Biotin (B7): metabolism of macros, healthy skin and hair

- Sources: red meat, eggs, seeds, nuts

Folate (B9): works with B12 to form red blood cells, important for DNA and brain/spine development

- Sources: whole grains, asparagus, bananas, oranges, spinach, beets, dairy

Cobalamin (B12): red blood cell/nervous system development, fatty acid and amino acid synthesis

- Sources: animal-based foods

***May need supplementation if vegetarian/vegan*

Ascorbic Acid (vitamin C): immune system health, formation of collagen, promotes wound healing and healthy blood vessels, antioxidant, protects cholesterol, prevents scurvy

- Sources: potatoes, broccoli, kale, cauliflower, brussels sprouts, citrus, kiwi, strawberries, papaya, mango
 - Bell peppers contain 169% daily value!