# Water-Soluble Vitamins (Key)

Complete the functions and sources for each vitamin.

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Functions</th>
<th>Sources</th>
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</table>
| **Biotin**<br>(vitamin H)** | • Helps body use carbohydrates, proteins, and fats  
  • Helps stabilize sugar level | • Green leafy vegetables  
  • Whole-grain breads and cereals  
  • Liver  
  • Egg yolks |
| **Folate**<br>(folacin, folic acid, vitamin B9)** | • Teams with vitamin B12 to help build red blood cells and form genetic material (DNA)  
  • Helps your body use proteins  
  • Helps prevent birth defects in brain and spinal cord | • Green leafy vegetables  
  • Dry beans and peas  
  • Fruits  
  • Enriched and whole-grain breads |
| **Niacin**<br>(vitamin B3)** | • Helps your body release energy from carbohydrates, proteins, and fats  
  • Needed for a healthy nervous system and mucous membranes | • Meat, poultry, fish  
  • Enriched and whole-grain breads and cereals  
  • Dry beans and peas  
  • Peanuts |
| **Pantothenic Acid**<br>(vitamin B5)** | • Helps the body release energy from carbohydrates, proteins, and fats  
  • Helps the body produce cholesterol  
  • Promotes normal growth and development  
  • Needed for a healthy nervous system | • Meat, poultry, fish  
  • Eggs  
  • Dry beans and peas  
  • Whole-grain breads and cereals  
  • Milk  
  • Some fruits and vegetables |
| **Riboflavin**<br>(vitamin B2)** | • Helps your body release energy from carbohydrates, proteins, and fats  
  • Contributes to body growth and red blood cell production | • Enriched bread and cereals  
  • Milk and other dairy products  
  • Green leafy vegetables  
  • Eggs  
  • Meat, poultry, fish |
| **Thiamin**<br>(vitamin B1)** | • Helps turn carbohydrates into energy  
  • Needed for muscle coordination and a healthy nervous system | • Enriched and whole-grain breads and cereals  
  • Dry beans and peas  
  • Lean pork  
  • Liver |
| Vitamin B6 (pyridoxine) | Helps body release energy from carbohydrates, proteins, and fats  
| | Promotes healthy nervous system  
| | Helps make nonessential amino acids | Poultry, fish, pork  
| | Dry beans and peas  
| | Nuts  
| | Whole grains  
| | Some fruits and vegetables  
| | Liver and kidneys |
| Vitamin B12 (cobalamin) | Helps body use carbohydrates, proteins, and fats  
| | Helps maintain healthy nerve cells and red blood cells  
| | Used in making genetic material | Found naturally in animal foods, such as meat, poultry, fish, shellfish, eggs, and dairy products  
| | Some fortified food  
| | Some nutritional yeasts |
| Vitamin C (ascorbic acid) | Helps maintain healthy capillaries, bones, skin, and teeth  
| | Helps form collagen, which gives structure to bones, cartilage, muscle, and blood vessels  
| | Helps your body heal wounds and resist infections  
| | Aids in absorption of iron  
| | Works as an antioxidant | Fruits – citrus fruits (orange, grapefruit, tangerine), cantaloupe, guava, kiwi, mango, papaya, strawberries  
| | Vegetables – bell peppers, broccoli, cabbage, kale, plantains, potatoes, tomatoes |