

VITAMIN	ACTION	FOOD SOURCES	RDA/DAILY INTAKE	NOTES
Fat-Soluble Vitamins These nutrients are stored in the body. Note that some nutrient recommendations vary for males (M) and females (F).				
a	Antioxidant needed for eye and skin health.	Animal foods, fish liver oil; manufactured in the body from brightly colored fruits and veggies.	1-3 yr 300 mcg 4-8 400 mcg 9-13 600 mcg 14-18 900 mcg (M) 700 mcg (F)	Zinc deficiency limits the body's ability to move vitamin A to tissues.
d	Controls calcium levels; critical for bone and tooth growth.	Cod liver oil, fatty fish, egg yolks, fortified dairy products.	1-18 yr 600 IU	Take with calcium. Although vitamin D is added to milk and other fortified products, many experts find children today need more.
e D-ALPHA TOCOPHEROL	Antioxidant that protects against cancer, cataracts, and heart disease.	Wheat germ oil, almonds and other nuts, cold-pressed vegetable oils.	1-3 yr 6 mg 4-8 7 mg 9-13 11 mg 14-18 15 mg	Avoid synthetic E (dl-alpha tocopherol).
k	Helps with blood clotting and bone formation and repair.	Cruciferous and leafy green vegetables, green tea.	1-3 yr 30 mcg 4-8 55 mcg 9-13 60 mcg 14-18 75 mcg	Antibiotics reduce vitamin K levels.
Water-Soluble Vitamins Except for nontoxic B12, these vitamins are not stored in the body. Note that some nutrient recommendations vary for males (M) and females (F).				
b₁ THIAMINE	Enhances brain function, circulation, digestion, and energy production.	Brewer's yeast, dairy, egg yolks, soy milk, wheat germ, whole grains.	1-3 yr 0.5 mg 4-8 0.6 mg 9-13 0.9 mg 14-18 1.2 mg	Consumption of refined food increases need; antibiotics and other medications can deplete levels.
b₂ RIBOFLAVIN	Essential to antibody production, generation of energy, and tissue respiration; reduces effects of stress.	Almonds, brewer's yeast, meats, milk, soybeans.	1-3 yr 0.5 mg 4-8 0.6 mg 9-13 0.9 mg 14-18 1.3 mg	Easily destroyed by light.
b₃ NIACIN	Essential for healthy circulation, skin, and nerves; helps lower cholesterol; enhances memory.	Beef liver, brewer's yeast, broccoli, carrots, eggs, fish, nuts, wheat germ, whole wheat.	1-3 yr 6 mg 4-8 8 mg 9-13 12 mg 14-18 14 mg	Fatigue, irritability, and sleeplessness may signal niacin deficiency.
b₅ PANTOTHENIC ACID	Fights stress; enhances stamina.	Brewer's yeast, eggs, legumes, mushrooms, peas, whole wheat.	1-3 yr 2 mg 4-8 3 mg 9-13 4 mg 14-18 5 mg	Helps speed wound healing.
b₆	Promotes red blood cell formation; important in sodium/potassium balance.	Bananas, brown rice, carrots, chicken, eggs, fish, pork, potatoes, sunflower seeds, whole-grain cereals.	1-3 yr 0.5 mg 4-8 0.6 mg 9-13 1 mg 14-18 1.3 mg (M) 1.2 mg (F)	Helpful for allergies, asthma, and PMS.
b₉ FOLIC ACID (SYNTHETIC FORM)	Important in genetic, metabolic, and nervous system processes; needed for healthy red blood cells.	Asparagus, black-eyed peas, fortified grains, leafy greens, lentils, lima beans, soy flour, spinach.	1-3 yr 150 mcg 4-8 200 mcg 9-13 300 mcg 14-18 400 mcg	Processing can destroy folate (the natural form of B9) in food, so manufacturers often add folic acid; check labels.
b₁₂	Prevents anemia; needed for cell formation, digestion, absorption of food, and metabolism.	Brewer's yeast, clams, dairy, eggs, fish, sea vegetables, soy.	1-3 yr 0.9 mcg 4-8 1.2 mcg 9-13 1.8 mcg 14-18 2.4 mcg	Vegans often need B12 supplements.
c	Antioxidant needed for 300 metabolic functions in the body, including tissue growth and repair and anti-inflammatory action.	Berries, citrus fruits, leafy greens, cauliflower, winter squash, asparagus.	1-3 yr 15 mg 4-8 25 mg 9-13 45 mg 14-18 75 mg (M) 65 mg (F)	Works synergistically with beta carotene, E, and selenium; children who live with someone who smokes are encouraged to meet the RDA for vitamin C.