

# Vitamins and minerals involved in energy metabolism

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**ASSIGN  
BUSTER**

Vitamin B1 thiamin can be found in eggs, fish, peas, green vegetables, whole grain bread, and it is needed as 1mg for men and 0.8 mg for women per day. Vitamin B2 can be found in milk, rice, eggs, and 1.1mg is needed for women, and 1.3mg is needed by men per day. Nicotinic acid (B3) is included in meat, wheat flour, eggs, milk, and fish, and 13 mg is needed for women and 17 mg is needed for men per day. Pantothenic acid contains chicken, potatoes, beef, tomatoes, kidney, broccoli, eggs, and brown rice. It cannot be stored in the body thus we need to have it every day in our diet. Vitamin B6 can be found in Chicken, bread, fish, pork, eggs, rice, oatmeal, peanuts, soya beans, and milk. 1.2 mg of vitamin B6 is needed for women and 1.4 mg is essential for men per day. Folic acid includes in liver, spinach, peas, brown rice and it is needed by 0.2 mg per day and as it cannot be stored in the body thus it is needed every day in our diet. Vitamin B12 is involved in meat, cod, cheese, milk, salmon, eggs. Dairy foods, fish, and meat are enough to supply the everyday need for vitamin B12. The good sources of vitamin C are oranges, potatoes, lemon and it should be taken every day. Adults need 40mg of vitamin C per day. Calcium can be found in milk and other dairy products, soya beans, nuts, and adults must intake 700 mg of Calcium per day. Magnesium is included in fish, meat, dairy foods, nuts, and 270 mg is needed for women and 300 mg is needed for men per day. Phosphorus is included in fish, red meat, bread, oats, and adults must intake 550 mg of it per day. Thus we need to have these foods in our diet chart (NHS, No Date).

2.

Athletes take various vitamin supplements and sometimes in higher

dosages. The theory has shown that the use of every vitamin is related to the metabolic function in sports. Thus Athletes eat huge amounts of foods like meat, eggs, milk, fish, bread, nuts, and supplements to boost their muscle power, develop their red blood cells, and improve their night vision. Researchers have proved that deficiency of vitamin acts on physical performance. Thus well-balanced diets along with vitamin supplements are necessary for athletes to perform better (MH, 1989).

### 3. Nutrition facts on a bottle of multi-vitamins

Multivitamin medicine bottle includes Vitamin A, C, D, E, K, B1, B2, folic acid, B12, Biotin, B5, Calcium, Iron, Iodine, Magnesium, Zinc Copper, Potassium. % DV of vitamin B 2 is 500% and it is enough for human beings. Vitamin B2 can be founded in milk, rice, eggs thus people can easily meet the requirements of it. During the athletic performance and physical performance, supplements of vitamin B2 are helpful to provide extra energy to the muscle tissues and nerves.

## Chapter 9

### 1.

Two third of the whole body of human beings is a fill-up of water.

Dehydration can happen to infants, adults, children, and old people. Infants and seniors are the most vulnerable to dehydration as they understand the sense of thirst more slowly than others. Dehydration happens when the body and blood cells do not have enough water as water is essential to keep a human healthy.

Dehydration can be prevented by some hydration strategies like if dehydration is mild then we should drink plenty of plain water. We can also

drink rehydration solutions that replace the salts, sodium, and potassium. But if dehydration has caused a severe reaction then intravenous solution which contains sodium chloride can be helpful. A good hydration strategy includes drinking plenty of water and fluids supplements every day. An adult human being should drink 2 to 3 liters of water every day to maintain the requirement of water in the body.