

Vitamin classification essay

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These vitamins are classified as water soluble vitamins cause they are not stored in the body and need to be eaten daily to replenish the body and keep the body functional. Vitamins are an important part of the daily nutrient intake because they are needed daily for a healthy diet. Vitamins are needed every day to help our bodies perform daily activities. Our bodies make produce very little of these vitamins or none at all, that's why it's our job to consume these vitamins daily to help our bodies perform normal functions like cell production and growth, hormone and enzyme synthesis, help our metabolisms work properly. Even help our immune, nervous, circulatory, and reproductive systems.

Fat soluble vitamins are vitamins that are needed for the body to function and are also stored in the body. Fat soluble vitamins are suppression compounds being made up of one or more of five carbon units. Some high nutrient sources of sat soluble vitamins are fruits, vegetables, milk, oils, margarine's, grains, nuts, seeds and fortified cereals, and any animal foods and products.

Foods that contain fat soluble vitamins do not lose their nutrients when cooked or heated. The functions of fat soluble vitamins in the body are important because they keep skin healthy, help with bone growth, helps vision, helps the body absorb calcium, prevent damage to cell membranes, and help blood to clot properly. The fat soluble vitamins can also be harmful to the body if too much is consumed at a time. If too much vitamin A is consumed blurred vision, double vision, headaches, nausea, hair loss, cracks in the sides of mouth, decreased appetite, dizziness, itchy skin, changes in color of skin, and vomiting can occur. Too much vitamin D can lead to

constipation, decreased appetite, dehydration, fatigue, vomiting, muscle weakness, and irritability.

Vitamins E and K have not shown any toxicity with high amounts. Water soluble vitamins are vitamins that are easily dissolved in water, which makes it harder for them to stay in the body. Water soluble vitamins are absorbed and used by the body almost immediately after consumption. These vitamins are drained out of our bodies quickly, so in order to replenish them they need to be eaten daily.

Some high nutrient sources of water soluble vitamins are range juicer beef, dairy products, wheat germ, eggs, oyster, fish, and poultry. To get the maximum amount of vitamins from these foods they should be stored and refrigerated correctly. Also correct cooking techniques should be used to keep most nutrients. Some of the functions of water soluble vitamins (B vitamins and C vitamins) are to help turn food into energy, release energy from carbohydrates and fats, make up components of enzymes, cataloging biochemical reactions, tissue respiration, structure of FAN and FAD, releases stored glucose from liver and muscle, protects from certain effects of aging, art disease, and some cancers. Also B vitamins and Bal 2 play a role in the making of DNA. Without getting enough water soluble vitamins you can damage your body in some serious ways.

By not getting enough B vitamins you can get beriberi, pellagra, and pernicious anemia. Without enough vitamin c you can get swollen gums, loosened teeth, muscle weakness, delayed wound healing, joint pains, fatigue, and occasional depression. Large amounts of some water soluble

vitamins can be toxic to your body. Niacin in large amounts can cause flushing to the face, arms, and chest. It can also cause nausea, vomiting, raised glucose levels, and can even lead to liver damage. Too much vitamin BE can cause severe nerve damage, and excessive vitamin C can cause nausea, stomach cramps, diarrhea, and may even cause kidney stones.

Fat soluble and water soluble vitamins are very important for the body, but in some cases can be very harmful to the body. The best thing to do is to have a healthy diet including all the vitamins and minerals needed to be healthy. Exercise is also a key factor in being as healthy as you can.