

# Vitamins- pre- assessment learning



**ASSIGN  
BUSTER**

Vitamins are calorie-dense nutrients that are needed in tiny amounts in the diet and help to drive cellular processes. Fat soluble vitamins are easily absorbed and excreted in urine. ONVITAMINS- PRE-ASSESSMENT LEARNING SPECIFICALLY FOR YOU FOR ONLY \$13.90/PAGE Order Now Night blindness and xerophthalmia are the early and late stages of a vitamin A deficiency. The most important and well-known role of vitamin D is to help synthesize proteins that help clot blood. Vitamin D deficiency in children can lead to an abnormality of bone formation called rickets. Vitamin E supplements improve the blood clotting activity of vitamin K. Vitamin E is an antioxidant that protects saturated fat from oxidation. The main role of vitamin K is to help activate the proteins that help blood clot. Water-soluble vitamins are easily absorbed and stored in the liver. Some water soluble vitamins are destroyed when exposed to light, heat or oxygen during processing. Vegetables and citrus fruits are excellent sources of vitamin C. B vitamins act as parts of coenzymes. Folate intake before and during pregnancy is related to neural tube defects. The best way to select foods that are rich in vitamins is to make sure that each food selected is the richest source of particular vitamin you need. Vegetarians should take a vitamin supplement because plants are grown in soil that is deficient in nutrients.