

# The Total Man

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## The Body - Vitamin Chart

Vitamin	What the Vitamin does	Effects of vitamin deficiency	Good food sources
Vitamin A (beta carotene)	Helps to keep eyesight and promote the growth of healthy skin, hair, bones and teeth. Helps in cell reproduction and aids to strengthen the immune and reproductive systems. The body uses beta-carotene and converts it to vitamin A.	Night blindness, dry skin, poor bone and teeth growth and development.	Soy milk (and other dairy products) carrots spinach green peas tomato juice watermelon sweet potatoes pumpkins cantaloupe sunflower seeds fish liver oils liver lean ham mango broccoli lean pork chops egg yolks
Vitamin B1 (thiamine)	Used by the body to help convert carbohydrates into energy. Helps to keep the normal function of the nervous system, muscles heart and digestion.	Less concentration, loss of appetite. Weakness, exhaustion and fatigue.	Lean Pork Legumes Yeast Bananas Fish (most) Liver Nuts and seeds Potatoes sweet potatoes peas watermelon avocado Poultry Whole-grain and fortified cereals
Vitamin B2 (riboflavin)	Important for growth in the body. Assists skin, nails and hair to grow. Helps to prevent sores and swelling of mouth and lips. Aids in reproduction and cell regeneration. Also aids in the releasing of energy from carbohydrates.	Itching and irritation of lips, eyes, skin and mucous membranes.	Eggs Fish and shellfish Fortified cereals Meat poultry Dairy products Kiwi Avocado Broccoli turnip greens asparagus spinach
Vitamin B3 (niacin)	Helps to release energy from carbohydrates. Aids in the functioning of the digestive system, nerves and	Depression, diarrhoea, dizziness, fatigue, halitosis, headaches, indigestion, insomnia, limb pains, loss of appetite, low blood sugar, muscular weakness, skin eruptions, and inflammation.	Beef liver Peanuts Chicken, White meat Tuna Salmon Almonds Mushrooms Corn Mango Lentils
Vitamin B9 (Folate/Folic acid)	Helps produce and maintain red blood cells and the nervous system. Essential for mental and emotional health as it helps to maintain normal brain functions.	Anaemia and a reduction in growth rates. Other subtle symptoms may include digestive disorders such as diarrhoea, loss of appetite, and weight loss can occur, as can weakness, sore tongue, headaches, heart palpitations, irritability, forgetfulness, and behavioural disorders	Dark green vegetables Dry beans peas lentils Enriched grain products Fortified cereals Liver Orange juice Wheat germ

			Yeast
Vitamin B12	needed for nerve cells and red blood cells, and to make DNA	Demyelination and irreversible nerve cell death. Symptoms include numbness or tingling of the extremities and an ataxic gait.	dairy products eggs cereals soy based products liver beef clams
Vitamin C (ascorbic acid)	Important in the production of collagen in the body - helps the connective tissues and organs. Can act as an anti oxidant to help protect the body from free radical.	Scurvy (though rarely seen today) which causes bleeding and inflamed gums, loose teeth and poor wound healing.	citrus fruits (oranges, grapefruits, lemons, limes) berries melons tomatoes potatoes green peppers leafy green vegetables
Vitamin D	Helps to promote the absorption of calcium and phosphorus levels in the body. Helps to maintain and form strong and healthy bones.	Rickets and osteomalacia. Rickets results in soft bones and skeletal deformities	Liver High-fat fish Fish oils Egg yolk Fortified cereals Fortified milk Sunlight
Vitamin E	An antioxidant that protects your cells against the effects of free radicals, which are potentially damaging by-products of energy metabolism.	Intestinal disorders - cystic fibrosis, pancreatitis, and cholestasis. Prevent the absorption of dietary fats and fat-soluble nutrients.	Margarine Nuts and seeds Peanuts and peanut butter Vegetable oils Wheat germ Whole-grain and fortified cereals
Vitamin K	Helps to control blood clotting in the body and is essential for synthesizing the liver protein that controls the clotting	A shortage of this vitamin may result in nosebleeds, internal haemorrhaging.	Broccoli Brussels sprouts Cabbage Leafy green vegetables Mayonnaise Soybean Canola Olive oils

**Sources:**

- Texas heart institute: [www.texasheartinstitute.org](http://www.texasheartinstitute.org)
- American Society for Nutritional Sciences: [www.nutrition.org](http://www.nutrition.org)
- [www.netdoctor.co.uk](http://www.netdoctor.co.uk)