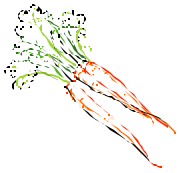




Food Does More Than Fill You Up! Part 2

Last month we took a look at the water-soluble vitamins. This month let's look at the fat-soluble vitamins A, D, E, and K. Fat soluble vitamins dissolve in fat before they go into the blood stream. Excess fat-soluble vitamins are stored in the liver, therefore, they may not be needed in the diet every day.

Vitamin A is used by the body to help the eyes adjust to light changes. Moisture of the skin, eyes, and mucous membranes in the mouth, nose, throat, and lungs depend on Vitamin A. It also plays an important role in bone growth, tooth development, and other functions within the body.



To get enough Vitamin A, eat a variety of foods. Vitamin A is found in dairy products, fish, and liver. Another way for you to get Vitamin A is to consume plant foods rich in beta carotene. Beta carotene can be converted to Vitamin A by the body and is found in carrots, pumpkin, winter squash, dark green leafy vegetables, cantaloupe, and apricots.

Vitamin D is needed by the body in order for it to use the calcium and phosphorus in the foods we eat. Vitamin D increases the amount of calcium absorbed in the small intestine and helps with bone formation. Fortified milk is the primary source for Vitamin D in our diets. It is also found in oily fish like sardines, herring, and salmon, and in cod liver oil. Egg yolks also contain some Vitamin D.

We also get vitamin D through our skin which makes the vitamin in response to exposure to sunlight. Children who are exposed to 5 to 10 minutes of sunlight every day will produce sufficient Vitamin D for their bodies.



Vitamin E is an antioxidant that protects vitamins A and C, red blood cells, and essential fatty acids from destruction. Antioxidants are known to lower the risk for heart disease, cancer, and several other diseases.



We consume Vitamin E as vegetable oil or products which include vegetable oils and margarines. Green and leafy vegetables, wheat germ, whole grain products, nuts, egg yolk, and liver are also sources of Vitamin E.

Vitamin K is naturally produced by the bacteria in the intestines. Vitamin K is essential for normal blood clotting and helps promote bone health. In addition to being made by the body, Vitamin K is found in dark green leafy vegetables and liver.



Deficiencies are rare for the fat-soluble vitamins especially when individuals consume a variety of foods.

In addition to Vitamins, foods contain minerals and fiber that are essential for body functions. Again, the amounts of minerals our bodies need is small, so eating a variety of foods will help ensure that you are getting what you need from the foods you eat.

We have looked at fiber before in Your Health and You. **Fiber** is nature's "broomstick" and is needed to help keep food moving through our bodies. Fiber is found in lots of different foods including fresh fruits and vegetables, whole grains, nuts, and seeds.

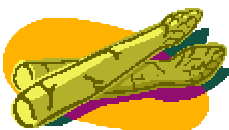
Fiber helps reduce constipation and aids in the prevention of certain types of cancer. Fiber can also help lower blood glucose in those who have diabetes. Current recommendations are that we consume 14 grams of fiber for every 1,000 calories we eat. For women, that means consuming 20 to 30 grams of fiber every day and for men 25 to 35 grams of fiber every day.

Increase the fiber in your diet gradually and make sure to consume adequate fluids.

Grilled Asparagus Spears

1 serving

10 fresh asparagus spears
1 teaspoon olive oil
¼ teaspoon lemon pepper



Wash asparagus spears and pat dry. Lay spears on a sheet of aluminum foil. Drizzle with olive oil and sprinkle with lemon pepper. Form foil into a pouch and lay on hot grill for 5 to 7 minutes (while other foods are cooking). Remove from grill and serve.

Nutrition facts per serving: 60 calories, 4.5 grams fat, 0 cholesterol, 80 mg. sodium, 3 grams carbohydrate, 1 gram fiber, 1 gram protein, 10% vitamin A

Sweet Potato and Apple Salad

4 servings



2 cups peeled and diced sweet potatoes
1 tart green apples, cored and diced
¼ cup dried cranberries
¼ cup pecan pieces
2 tablespoons orange juice
1 tablespoons white wine vinegar
2 ½ tablespoons olive oil
1 Tablespoons honey
Salt and pepper, if desired

Mix sweet potatoes, apples, dried cranberries and pecans in a large bowl. In another bowl, combine juice, vinegar, honey, and seasonings. Whisk together then add oil in a thin stream, whisking constantly. Pour over salad and toss to combine. Refrigerate overnight before serving.

Nutrition facts per serving: 240 calories, 14 grams fat, 1.5 grams saturated fat, 0 cholesterol, 60 mg. sodium, 27 grams carbohydrate, 4 grams fiber, 2 grams protein, 190% Vitamin A

Prepared by: Shirley Camp, MS, RD
Extension Educator
Nutrition and Wellness
Macomb Extension Center



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