

HEALTHY FOOD



Vitamins



SOME FACTS FROM THE HISTORY

- The study of vitamins was initiated by the Russian physician N.I. Lunin;
- First identified vitamin in crystalline form polish scientist Casimir Funk in 1912. A year later he came up with the name - from the Latin "vita" - "life";
- Now there are about 50 vitamins:



VITAMINS -

- low molecular weight organic compounds, which are essential food components, which in minute quantities ensure the normal functioning of the body

SUPERVITAMINOSIS

Hypervitaminosis occurs when excessive consumption of vitamins. Manifested in the form of intoxication (poisoning) of the organism.

More toxic effects have excessive doses of fat-soluble vitamins, as they accumulate in the body.

Hypervitaminosis is often seen in people who are engaged in bodybuilding - bodybuilding and often without measure use of nutritional supplements and vitamins.



classification of vitamins

VITAMINS

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graph TD; A[VITAMINS] --> B[WATER-SOLUBLE]; A --> C[Fat-soluble];
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WATER-SOLUBLE

**(B1, B2, B6, PP, C
B5, B9, B12)**

Fat-soluble

(A, D, E, K)



VITAMIN

necessary for
normal growth and
development of epithelial
tissue.

Included in the visual pigment
rhodopsin.

With a lack of -
disease Nightblind
(night blindness).

A

RETINOL



contains:
in milk
fish, eggs,
oil, carrot
parsley,
apricots.





VITAMIN

B₁

Involved in metabolism, regulates blood circulation and blood, smooth operation muscles, activates Brain.

With a lack of disease-Beriberi (nerve damage system, stunting, weakness and paralysis of the limbs).

contains:
in nuts,
oranges,
bread
graham,
poultry meat,
greenery.



thiamin



VITAMIN

B₂

Regulates metabolism, involved in hematopoiesis, reduces eye strain facilitates oxygen uptake by cells.



With a lack of - weakness, loss of appetite, inflammation mucosal violation functions of

contains:
in meat,
dairy products,
green
vegetables,
cereals and
legumes
cultures.



riboflavin



VITAMIN

Participation in the
metabolism of
amino acids,
fat, the nervous
system,
lowering

cholesterol
With a lack of - anemia,
dermatitis, convulsions,
dyspepsia

B₆



pyridoxine



contains:
soya, bananas,
in seafood,
potatoes,
carrots,
legumes



VITAMIN

Strengthens the immune system, involved in hematopoiesis, normalizes blood

pressure. With a lack- pernicious anemia and degenerative changes neural tissue



contains:
in soy products,
cheese,
oysters,
yeast
eggs

B₁

2
cyanocobalamin



VITAMIN

D

Responsible for the exchange of phosphorus and calcium, proper growth bones.



produced in skin under the action of ultraviolet irradiation, egg yolk, butter, fish oil, caviar



calciferol



VITAMIN

E

helps the body
stimulates cell renewal,
supports the nervous system,
responsible
Reproductive Health



contains:
milk
wheat germ,
vegetable oil,
lettuce,
meat, liver,
oil



TOCOPHEROL



VITAMIN

P
P

Involved in the synthesis of nucleic acids, amino acids, regulates work of hematopoiesis.

With a lack of - pellagra (skin lesions, dermatitis, diarrhea, insomnia, depression)

nicotinic-ta



contained
in
pork, fish,
peanuts,
tomatoes,
parsley,
wild rose,
mint





VITAMIN

C

Helps the body fight infections, it is better to see stimulates cell renewal.



contains:
in citrus,
sweet peppers,
berries,
carrots



Ascorbic acid

THANK YOU FOR ATTENTION!

BE HEALTHY!