**Vitamina, dondeestas?**

**Vitamin, Where are You?**

**by Google translator**

Your body needs vitamins to
function properly, so you grow
you develop yourself healthy and well.
You can not manufacture them alone,

so you have toget them from somewhere.

Can you imagine from where?
Sure ... the food. But not just any
Food: Certain foods have many
vitamins; others, and some others, no.
So the key is to be well informed,
to know which foods are rich invitamins and be sure to eat some, alittle every day, every day.

Some interesting things
Vitamins
The vitamins they are often divided into two teams:

1
On a computer are those who "wait"
in the liver and in the fatty tissue for
into action. Are stored
there until the body needs. Some
stay a few days, some can stay
up to six months. When the time comes
of use, special carriers the
transported to where they are needed.
Vitamins that are on this team have
Very simple names: A, D, E and K.

2

Vitamins other team pass
the blood once eat.
Already in the bloodstream, the body uses
you need; so no, you delete the
urine. So it is very important to replace them
continuously because virtually
are not stored. Here are the
vitamin C and all the so-called
Group B: B1, B2, Niacin, Biotin, Acid
pantothenic acid, B6, folic acid and B12.

Of course, no need to remember the names of the vitamins, much less where
is each. But it is good to know choosing a variety of healthy foods,
you provide an assortment of vitamins.
Are you ready? To start the parade!

 **Vitamin A**

Vitamin A is used for a lot
things: it helps make and repair
many tissues of your body and is
a great ally in your system
defense. Collaborate for you
seeing in dim light and also
protects your cells from certain
substances that can damage them.

The find in
leafy vegetables
green like chard and
spinach, in plants
orange, as
carrots and squash, and
yellow fruits such as
peach and apricot.
It is also present in
liver, eggs and
cheeses.

**Vitamin D**

Vitamin D intervenes
in calcium absorption
and phosphorus, two minerals
fundamental to the
bone formation and
teeth. Keep this in mind:
It is vitamin you need
so your bones and
your teeth are always
healthy and strong.

sunflower, and in all
vegetable oils, such as
sunflower, that of
olive and corn.

**Vitamin K**
If you suffer a cut or wound,
your body forms a plug
cells that stops bleeding.
For this to happen, it is
essential that you have vitamin
K, vitamin to enter a list
in action in every emergency.

The find in the
green vegetables,
such as spinach,
green beans, broccoli (broccoli),
Brussels sprouts,
peas, lettuce and
asparagus. Also
in tomatoes in
carrot and some
vegetable oils.

**Vitamin C**

Vitamin C is a great ally
your defense system and
helps heal your wounds.
Like vitamin E, vitamin
protects your cells from damage
caused by free radicals. Consider it
fact: Vitamin C is essential
to keep you healthy and vital.

The find in
kiwi, strawberries,
citrus fruits
(Orange, tangerine,
grapefruit), tomatoes,
broccoli, cauliflower and
green pepper.

**Vitamin B1**

Vitamin B1 helps release
energy stored in your body,
at the moment you need it.
It is critical to your system
nerve and muscles, including the
heart function correctly.

The find in bread
comprehensive, brown rice,
eggs and legumes
(Beans, lentils and peas,
for example). Also
present in meats
pork and beef.

**Vitamin B2**The part on your system
defense and in training
the blood. It is imperative to
maintaining healthy tissues and for
your eyes are working properly.

The find
in lentils,
beans, cereals
comprehensive and
mushrooms.
It is also present
in cheeses, in
milk and almost
all meats.

**Niacin**
Niacin is very important for your body,
it helps to transform food into
energy. If you do not use all that energy, niacin
also works so you can save
and used later when necessary.

The find
in eggs,
milk, legumes
and in many fruits and
plant. Also
present in meat
cow, in some viscera
(Liver, kidney) and
Fish.

**Biotin**
Biotin is essential for you to grow
healthy and strong. Help your body to produce
energy from food, so that
then it can be used by all
cells. Its name comes from the word
Greek bios, meaning "life."

The find
in tomato,
egg yolk,
and liver
kidney.

pantothenic acid

As biotin, pantothenic acid is a
Vitamin key: involved in the production and release
power, and in the manufacture of some molecules
very important for your body, such as the
proteins, carbohydrates and fats.

You are here
most
food. Your name
derived from the word
Greek pantothen that
means "in all
parties ".

**Vitamin B6**
Vitamin B6 ensures that your system
defense and your nervous system work
correctly. It is essential to make
proteins and red blood cells,
they are responsible for transporting the
oxygen to every part of your body.

The find in
dried fruits,
legumes, cereals,
and in many fruits and
vegetables. Also
present in meat
poultry, beef and
fish and offal
as the liver.

**Folate (folic acid)**

Folate teams up with vitamin B12
to produce red blood cells. It is key to
the production of all body cells
and maintenance. It is important for
pregnant women because it helps prevent
serious illness in infants and
for children as contributing to its growth.

You find
in oranges,
lettuce leaf
dark, spinach,
asparagus,
broccoli, strawberries
(Strawberries) and
brown bread.

**Vitamin B12**

Besides working with folate to make
red blood cells, vitamin B12 helps to absorb
iron and release the energy stored in the
food. It also works for your system
works well and your nervous tissues are healthy.

Only
are in
food source
Animal cheeses,
fish and
red meat.

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What are you going to eat this week?
Now you're an expert in vitamins, you may think
what foods you should incorporate into your diet to grow healthy
and your body to work wonders.
What foods would you choose today? Do you accept the challenge of assembling
a menu for the week, which will supply all of the vitamins?
Use your imagination and think well balanced preparations.
Here is a list of foods that you can include. Come In!