**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.  
  
  
-------------------------------------------------------------------------  
  
  
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!