**Water soluble vitamins**

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| **Vitamin** | **Function** | **Sources** |
| Thiamin (vitamin B1) | Helps to release energy from food. It also helps our nervous system and heart function normally. | Bread, fortified breakfast cereals, nuts and seeds, meat (especially pork), beans and peas. |
| Riboflavin (vitamin B2) | Helps to release energy from food and helps maintain normal skin. It helps to maintain a normal nervous system and helps to reduce tiredness. | Milk and milk products, eggs, fortified breakfast cereals, offal, some oily fish (e.g. mackerel and sardines), mushrooms and almonds. |
| Niacin (vitamin B3) | Helps to release energy from food and helps to maintain normal skin. It also helps the nervous system function normally and helps reduce tiredness. | Meat, poultry, fish and shellfish, wholegrains (e.g. brown rice, wholewheat pasta and quinoa), bread and some nuts and seeds (e.g. peanuts and sesame seeds). |
| Vitamin B6 | Helps to make red blood cells, which carry oxygen around the body. It helps our immune system work as it should, regulates hormones and helps to reduce tiredness. | Meat, poultry, fish, fortified breakfast cereals, egg yolk, yeast extract, soya beans, sesame seeds, some fruit and vegetables (e.g. banana, avocado and green pepper). |
| Folate/Folic acid | Helps to make red blood cells, which carry oxygen around the body. Helps the immune system work as it should and helps to reduce tiredness. It is also needed for the normal development of the nervous system in unborn babies. | Green leafy vegetables, some breads (e.g. malted wheat and brown bread), offal, peas and beans, oranges, berries and fortified breakfast cereals. |
| Vitamin B12 | Helps to make red blood cells, which carry oxygen around the body, and helps the nervous system function normally. Helps keep our immune system working as it should and helps to reduce tiredness. | Meat, fish, shellfish, milk, cheese, fromage frais, eggs, fortified yeast extract and fortified breakfast cereals. |
| Vitamin C | Helps to protect cells from damage. Helps with the formation of collagen, which is important for normal bones, gums, teeth and skin. It also helps the immune system work as it should and the nervous system to function normally. | Fruit (especially citrus fruits, blackcurrants, strawberries, papaya and kiwi), green vegetables, peppers and tomatoes. |