Fat soluble vitamins

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| Vitamin | Function | Sources |
| Vitamin A | Helps the immune system to work as it should. It also helps with vision and helps keep skin and the linings of some parts of the body, such as the nose, function normally. | Liver, cheese, eggs, dark green leafy vegetables and orange-coloured fruits and vegetables (e.g. carrot, sweet potato, butternut squash, cantaloupe melon and papaya). |
| Vitamin D | Helps the body to absorb calcium and helps to keep bones strong. It also helps muscles to function normally and the immune system to work as it should. | Oily fish, eggs, fortified breakfast cereals and fat spreads. In summer, the majority of people will get most of their vitamin D through the action of sunlight on the skin. |
| Vitamin E | Helps to protect the cells in our bodies against damage.  | Vegetable and seed oils (e.g. olive, rapeseed, sunflower, peanut oils) nuts and seeds (e.g. sunflower seeds and almonds), avocados and olives. |
| Vitamin K | Needed for the normal clotting of blood and is required for normal bone structure.  | Green vegetables (including leafy greens, broccoli, green beans and peas) and some oils (e.g. rapeseed, olive and soya oil). |