

One of the Important Elements of the Diet is the Importance of Vitamins

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Abstract: Vitamins are low-molecular organic compounds with high activity in small doses. Vitamins can be partially synthesized in the human body, but it is necessary to clarify the question of whether the endogenous synthesis of vitamins D, K, B12 can fully satisfy the body's need for these vitamins. The main part of these vitamins is contained in food products and is absorbed by the body through food (table 2.3.1). The amount of vitamins in food products and their nature are different. For example, fat-soluble vitamin A is readily consumed by the body through milk, dairy products, eggs, butter, and liver. To meet the body's need for vitamin A (1000 mg), water-soluble provitamin A, i.e. carotene, is of great importance. Carotene is found in large amounts in red carrots, bell peppers, and pumpkin products. Vitamin A is synthesized from carotene in the intestine and liver.

Vitamin D is synthesized in the epidermis of the skin from 7-dehydrocholesterol under the influence of ultraviolet light. Vitamin D is considered to be sufficient to control phosphorus and calcium metabolism in the body under normal conditions, but for a growing body and when working in conditions with insufficient sunlight, the synthesized vitamin D in the body will not be enough, so in such conditions, the body needs vitamin D from the outside, or should be consumed through food products. Fish oil, eggs, milk and dairy products can be included among the products containing a lot of vitamin D. The daily consumption norm for children's body (for children under 3 years old) is 400 international units (IU) or 0.25 µg (microgram), for middle-aged people 100 IU, for pregnant and lactating women 500 is equal to XB.

Vitamin E is one of the fat-soluble vitamins, and the average daily intake for a middle-aged person is 12-15 mg. Foods rich in vitamin E include vegetable oils, greens, fruits, and cereal products. eggs can be included.

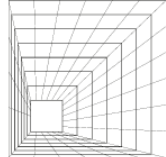
Vitamin K is one of the fat-soluble vitamins, and its daily requirement is 0.2-0.3 mg. Vitamin K is partially synthesized with the participation of intestinal flora, therefore primary hypovitaminosis

or cases of avitaminosis are not observed. Secondary avitaminosis K can be found in people suffering from liver diseases and intestinal diseases, so in such situations, in order to meet the body's needs, such people should eat carrots, tomatoes, green peas, liver, namato, from products containing more vitamin K. it is recommended to give blackcurrant grains or their tinctures.

Water-soluble vitamins contain many vitamins, and the main ones are B vitamins, as well as vitamin C and other bioflavonoids.

Below is the information about the daily consumption rate of the body for B vitamins, the diseases that can occur when they are lacking, and the products that contain a lot of vitamins. When vitamin B1 or thiamine is not enough in the body, "beri-beri" hypovitaminosis occurs. The daily need of the body is equal to 1.1 - 2.1 mg. Cereal products (their shells), yeast, liver are among the products containing vitamin B1.

B2 or Riboflavin - deficiency in the body causes cheilosis, stomatitis, glossitis, anemia. The daily need of the body is 1.5 - 2.4 mg. The source is milk. bread, yeast, peas.



PP or nicotinic acid - pellagra disease is formed when the body lacks it, the body's daily need for this vitamin is 14-28 mg. It is widely found in cereals, bread products, yeast, peas. B3 or pantothenic acid - does not show any disease symptoms in the human body in conditions where its amount is reduced or absent in the daily diet. But symptoms of the disease may occur in the animal body. This vitamin is important because it is present in almost any food products.

When vitamin B6 or pyridoxine is not enough in the body, it shows symptoms of various diseases. The daily requirement of the body is around 1.8 - 2.0 mg. Foods containing vitamin B6 include liver, peas, fish, bell pepper, and carrots.

Biotin - vitamin N - shows signs of scaly dermatitis when it enters the body in small amounts, its daily consumption rate is 0.15 - 0.3 mg. Biotin is found in almost all food products.

Folic acid (B9) vitamin - causes anemia when consumed in small amounts in the body and, according to the latest scientific data, participates in the prevention of cardiovascular diseases - including atherosclerosis, ischemic heart diseases. Among the products that contain a lot of folic acid, you can include liver, green vegetables, meat and meat products.

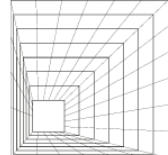
Vitamin B12 or Cyanocobalamin - if there is a deficiency in the body of this vitamin, pernicious anemia may develop in the body. Foods rich in vitamin B12 are liver, kidney, meat, fish, eggs.

The most typical representative of water-soluble vitamins is vitamin C or ascorbic acid. The daily need for this vitamin is determined by its biological effects. If the body consumes a small amount of vitamin C, it causes hypovitaminosis, and if it is not enough, the disease "Scurvy" occurs. In order to prevent such a disease, it is considered sufficient for a person to consume an average of 30 mg of ascorbic acid through daily food products, but in order to increase the general tone of the body, it is recommended to consume 60-100 mg of vitamin C per day. To achieve the effect, it is necessary to consume 200-600 mg per day. Vitamin C cannot be produced in the human body, so its main source is food products. A large amount of vitamin C is found in citrus fruits, cabbage, potatoes, celery, dill, parsley, and chives. Taking into account the biological activity of vitamin C, it is recommended to vitaminize food in organized communities - children's institutions, hospitals, sanatoriums, maternity hospitals, homes for the disabled, homes for the elderly, including vitaminization of milk or giving fruit juices at the expense of the third meal.

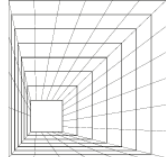
Many bioflavonoids and vitamin-like substances are used as medicinal substances in treatment practice due to their therapeutic effect.

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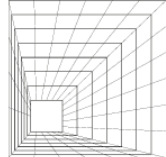
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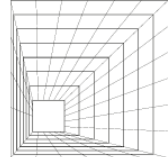
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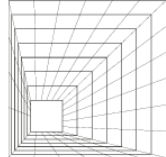
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