

Chapter 10: Water Soluble Vitamins

Understand what is meant by the bioavailability of a vitamin in food

Know the general characteristics of water- soluble vitamins {"In Summary" table on page 314}

How does the body dispose of excess water soluble vitamins?

Know what the general function of B-Vitamins is. Why do deficiencies in B vitamins lead to fatigue?

Know the function of Thiamin

Know the deficiency disease of thiamin and what the symptoms are

Know good sources of thiamin

Know the best sources of riboflavin

What will destroy riboflavin?

Know what amino acid Niacin is synthesized from

Know the Niacin deficiency disease and the symptoms

What symptoms would excess Niacin exhibit?

Know the relationship between raw egg whites and Biotin

In what part of metabolism does B6 play a major role?

Know where Vitamin B6 is stored

Know what vitamin reduces risks of neural tube defects

Know good sources of Folate

Know what factor is required for B12 absorption

Understand the relationship between Vitamin B12 and Folate.

Why are vegetarians at risk for Vitamin B12 deficiency?

Know are good sources of Vitamin B12

Know the following about Vitamin C: Its richest sources, early signs of Vitamin C deficiency,

How Vitamin C functions in the body.

What structural protein requires Vitamin C for its formation?