

# NUTRIENTS: FAT SOLUBLE VITAMINS

Fat soluble vitamins are required by all humans in small amounts. Like water soluble vitamins, they are available in many different foods. Fat soluble vitamins need fat to be absorbed and used properly. Luckily many of the foods that have these vitamins also contain a little bit of dietary fat. To get the most out of the fat soluble vitamins in fruits and vegetables try eating them with a little bit of light salad dressing, hummus, nut butters or any other source of heart healthy fat! Unlike water soluble vitamins, we do store fat soluble vitamins in our body, but it is still a good idea to eat foods rich in these vitamins every day!

Vitamin Name	Vitamin Function	Top 5 Food Sources
Vitamin A	Important for vision, night vision, and a strong immune system to keep you healthy. Also important for growth and development in infants and children. Antioxidant* properties.	Cod liver oil, sweet potatoes, pumpkin, carrots, green leafy vegetables (kale, spinach)
Vitamin D	Necessary for bone development and strength and helps build a strong immune system to keep you healthy. Also important to control blood pressure.	Known as the “sunshine vitamin.” We can get Vitamin D from the sun in March-November in Utah. Also found in salmon, sardines, fortified* milk, fortified orange juice and cereal
Vitamin E	Antioxidant* properties. May reduce the risk of heart attack, certain cancers, and Alzheimer’s disease.	Vegetable oils (canola, soy, olive), wheat germ, asparagus, almonds, sunflower seeds
Vitamin K	Important for blood clotting*, and bone health. May help reduce the risk of osteoporosis*.	Soybean oil, kale, broccoli, spinach, parsley

<b>*Word Bank</b>	<b>Definition</b>
Antioxidant	A substance in the body that prevents damage to cells.
Blood Clotting	Blood clots form to stop bleeding.
Fortified	The addition of extra vitamins, minerals, or fiber to a food product to increase its nutritional value.
Osteoporosis	A disease characterized by weakened, fragile bones.

**References:**

Linus Palling Institute (2012). Micronutrient Information Center.  
Retrieved from <http://lpi.oregonstate.edu/infocenter/vitamins.html>

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.

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