

Vitamins — Sources

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Name of Vitamin	Sources
Fat soluble Vitamins	
Vitamin A	Milk, butter, egg, carrots, cod liver oil, tomatoes, pumpkin, green leafy vegetables
Vitamin D	Cheese, butter, milk, green vegetables, fish liver oil, sunlight
Vitamin E	vegetable oils, spinach, lettuce, turnip leaves, butter, milk, whole grains, nuts, seeds, leafy vegetables
Vitamin K	Cabbage, cauliflower, spinach and other green leafy vegetables, cereals, soyabeans
Water soluble Vitamins	
Vitamin B1 (Thiamin)	Seafood, milk, meat, peas, cereals, green vegetables
Vitamin B2	(Riboflavin) Yeast, egg, meat, peas
Vitamin B3 (Niacin)	Whole cereals, tomatoes,

	potatoes, meat and fish
Vitamin B12	Liver, milk, eggs, fish
Vitamin C	Indian gooseberry (amla), lemons, lime, pineapple, oranges, watermelon, green peppers, tomatoes, cabbage, turnip, carrots, green mint, guava