

Summary

Vitamins are basically complex organic compounds. These are widely distributed in wide variety of natural foods. These are found in nature in association with lipids and their metabolism is mediated by the presence of fats and oils. Vitamin A is very essential for maintaining normal vision. B-carotene is the precursor of vitamin A. this can be obtained by consuming adequate quantities of yellow, orange and dark green coloured vegetables. Vitamin D which is commonly known as sun shine vitamin can be obtained by exposing the skin to sun light. Deficiency is known to affect calcium and phosphorus absorption which in turn would affect normal bone growth and development. Vitamin E is known as an antioxidant vitamin. It is needed for maintaining healthy skin and to prevent sterility in humans and animals. Vitamin K is another fat soluble nutrient. The dietary essentiality is mainly due to its coagulation property of blood. In the absence of adequate vitamin K it may delay the process of coagulation and excessive bleeding might be seen. The deficiency can be prevented by consuming green vegetables. Thus, all fat soluble vitamins play a major role in various physiological functions. The disorders associated with these nutrients could be prevented by consuming sufficient quantities of vegetables, fruits and grains.