



Body Building Blocks Vitamins

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Your body is made up of many organs and systems that work together. Simply said, it's a well-oiled machine. One of the main nuts and bolts that keep our bodies functioning normally are vitamins. Vitamins are found naturally in food. They take the energy you get from the food you eat and allow your body to use it. Unfortunately, your body can't make enough vitamins to keep things running. You have to eat a variety of foods in order to get the vitamins you need. There are two types of vitamins, fat-soluble and water-soluble. Both are important in helping your body to function. **Water-soluble vitamins** are involved in metabolism and include



Vitamins C, B1, B2, B6, B12, Niacin, Folic Acid, Biotin and Pantothenic acid. Water-

soluble vitamins are found in a variety of foods including: citrus fruits, seeds, beans, whole grain breads, meats, leafy green vegetables, nuts and milk.

Fat-soluble vitamins help with blood clotting, aid in eyesight, help with bone growth, and some act as antioxidants. They include Vitamins A, D, E and K. Fat-soluble vitamins are found in a variety of foods including: carrots, sweet potatoes, spinach, peaches, peanut butter, nuts and seeds. Eating a variety of foods is important because it allows you to eat a variety of vitamins, the essential building blocks your body needs to maintain normal function and health.

What about Vitamin Supplements?

There have been research studies that have shown vitamin supplements to be beneficial and to be harmful. The truth is, there isn't enough evidence about specific vitamin supplements and their effects. Whether or not you should take a



vitamin supplement is something that you should discuss with your health care provider. They will be able to determine the pros and cons of the supplement you would like to take, and help you decide if it's right for you.



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Heads Up:

- ☺ Vitamins are found naturally in food
- ☺ Your body needs vitamins to function
- ☺ There are two types of vitamins:
 1. Water-Soluble
 2. Fat-Soluble



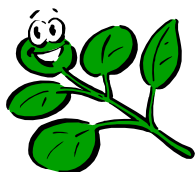
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Vitamin K—Word Search



M H R H G P Y Y A T K K Y W O
 A U C Y N K P F S U S A E E B
 I V S A Z N A O O R V S L B U
 B C W T N T K U B N W A S Q L
 P X J X A I N M C I K O R J V
 I E U D B R P D S P R I A F Z
 O R J G U Z D S S G T D P U E
 V O W C A L C G Z R Q A U Y X
 V V X E Z H W S R E F I H Y E
 Z C P I A H E R L E I J L C M
 N K O R M Q C P I N E R O R V
 F U D M G S K Q B S P N U O H
 B H U S S T I Q V H J Q S N H
 I X K T Z M L O W Y Z P C G A
 O H B Y D R V S D R A L L O C



Find the following foods that are considered “high” in vitamin K in the above word search.

- Kale** (fresh, boiled)
- Spinach** (fresh, boiled)
- Turnip greens** (frozen, boiled)
- Collards** (fresh, boiled)
- Swiss chard** (fresh, boiled)
- Parsley** (raw)
- Mustard greens** (fresh, boiled)



Foods considered “moderately high” in vitamin K.

- Brussels sprouts** (frozen, boiled)
- Spinach** (raw)
- Turnip greens** (raw, chopped)
- Green leaf lettuce** (shredded)
- Broccoli** (raw, chopped)
- Endive lettuce** (raw)
- Romaine lettuce** (raw)

Quick Fix Recipe of the Month

Sunshine Salad

Yield: 8 servings
Serving size: 1/2 cup



Ingredients:

- 1 (10 ounce) package fresh spinach
- 2 navel oranges, peeled, sectioned and cut in half
- 1/2 red onion, thinly sliced
- 1/2 cup fat-free fruited salad dressing

Method:

1. Wash spinach in cold water. Pat dry. Tear into bite sized pieces.
2. Mix spinach with oranges and red onion.
3. Toss with dressing and chill until ready to serve.

*Recipe taken from 'Low Fat & Light
Four Ingredient Cookbook'*



Nutrition Facts

Serving Size 1/2 Cup (95g)
Servings Per Container 8

Amount Per Serving

Calories 45 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 1g

Vitamin A 70% • Vitamin C 50%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Lou's

Food Safety Tip of the Month: Refrigerate Quickly

If you refrigerate foods quickly and at the proper temperature it slows the growth of bacteria and helps prevent foodborne illness. Leftover foods from meals should not be left out of the refrigerator more than 2 hours. **In hot weather (80 degrees F or above), leftover foods should not be left out more than 1 hour.** To help keep



perishable foods out of what's called the "danger zone" - 40 degrees F or above, set your refrigerator below 40 degrees F. Keep a refrigerator thermometer inside your refrigerator at all times and check it often. Remember the saying "if in doubt, throw it out", when deciding if leftovers are safe to eat.

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The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at:

303-297-0408.

Ask for Meals on Wheels.

Meals on Wheels is funded in part by the Denver Regional Council of Governments Area Agency on Aging



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Drug-Diet Interaction: Vitamin K & Warfarin(Coumadin®)

Warfarin (Coumadin®) is a medicine prescribed for people who are at increased risk for forming blood clots. Coumadin® works by decreasing the activity of vitamin K, a fat-soluble vitamin that is important in blood clotting. **To help Coumadin® work effectively it is important to keep your vitamin K intake consistent from day to day.** Sudden increases or decreases in the amount of vitamin K you eat may effect how your Coumadin® works. Suddenly increasing the amount of vitamin K you eat, may decrease the effect of Coumadin®, and suddenly decreasing the amount of vitamin K you eat, may increase the effect of Coumadin®. To help keep your intake of vita-



min K consistent from day to day, try the following:

- Limit your intake of foods considered "high" in vitamin K to no more than 1 serving each day.
- Limit your intake of foods "moderately high" in vitamin K to no more than 3 servings each day.
- Report any significant changes in your diet or your weight to your doctor.

For foods that are considered "high" and "moderately high" in vitamin K, look on page 2 of this newsletter. **Always talk with your doctor about the level of vitamin K in your diet that is right for you.**

Information for the above article taken from 'Important Drug and Food Information', Warren Grant Magnuson Clinical Center, National Institutes of Health Drug-Nutrient Interaction Task Force.