What are B-vitamins?

B-vitamins are water soluble vitamins that are found in a variety of foods and perform numerous functions.

Let’s count them

- B1 (thiamine)
- B2 (riboflavin)
- B3 (niacin)
- B5 (pantothenic acid)
- B6 (pyridoxine)
- B7 (biotin)
- B9 (folate)
- B12 (cobalamin)

Why you need them

B-vitamins serve many crucial functions throughout the body. A few of these functions are listed to the right:

- Energy production (B1)
- Metabolism (B5, B7, B12)
- Hormone production (B5, B7)
- DNA production (B9, B12)
- Brain and nerve function (B3, B6)
- Blood cell development (B2, B6, B9, B12)

Find them in

- Whole grain items
- Eggs and dairy
- Fish
- Red meat and pork
- Beans and lentils
- Sunflower seeds
- Almonds
- Dark green vegetables;
- Citrus, avocados, bananas

Tips to eat more

- Choose whole grains over refined grains
- Eat eggs and fish a few times a week
- Incorporate low-fat dairy in your diet
- Use spinach or kale in your salads and smoothies
- Snack on nuts and seeds