



## HEALTHY HINTS

### Ants on a Log recipe

**Ingredients:** celery sticks (washed), peanut butter (no added sugar), raisins or dried cranberries

**Instructions:** After washing the celery, chop off the rough ends to make ~6 inch sticks. Place a spoonful of peanut butter into the groove of each stick and spread evenly throughout. Add raisins on top to look like “ants on a log”. YUM!

**Celery:** Vitamin K and antioxidants

**Peanut butter:** protein and healthy fats

**Raisins:** fiber and antioxidants



## This week we learned about: **VITAMINS**

- **Vitamins** are vital compounds found in foods that are **essential** for nutrition, development, and immunity.
  - They must be eaten because **they cannot be made by the body.**
- There are 13 vitamins: **A, B (1, 2, 3, 5, 6, 7, 9, 12), C, D, E, and K**
  - They are divided into 2 groups – *water soluble vs. fat soluble*
    - Vitamins A, D, E and K are “fat soluble”, they do not dissolve in water
- Vitamin deficiency can result in many different health problems
  - These may include problems with your vision, bones, immune system, brain, skin, hair, teeth, gums, etc.
  - **It is very important that we eat a variety of foods so that we can obtain all the vitamins that our bodies need!**
    - Vitamin A: carrots, sweet potato
    - B vitamins: meats, dairy
    - Vitamin C: fruits, oranges
    - Vitamin D: milk, eggs
    - Vitamin E: nuts, oils
    - Vitamin K: greens, beans

**NEXT TIME (01/17/20):**  
**Dairy and Calcium!**

