

Question and Answer Department

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1. How many vitamins are known, and how are they distinguished?

There are six vitamins generally known as A, B, C, D, E, and G. In England vitamin B is known as B1 and G as B2. There is evidence pointing to other vitamins which may be subdivisions of the B and G groups; it appears that the existence of at least three forms of vitamin D is also established.

2. What is meant by the terms "water soluble" and "fat soluble" vitamins?

The vitamins A, D, and E are found in the fatty or oily parts of food, are stored in the body and are known as "fat soluble" vitamins. The vitamins B, C, and G are found in the watery juices of various foods, are not stored in the body, and are known as "water soluble" vitamins.

3. What foods are good sources of vitamin A?

The green vegetables, some of the yellow vegetables, liver, butterfat and milk are good sources of vitamin A. The diet should include such vegetables as escarol, spinach, chard, artichokes, green beans and peas, Brussels sprouts, carrots, squash; glandular meats as kidney and liver, also eggs, butter, cheese and milk. The greener the vegetables, the richer they are in vitamin A. The value of egg yolk and milk products depends upon the diet of the producing animal, and is usually indicated by the amount of yellow color present.

4. What are the other available sources of vitamin A?

Cod liver oil is the best and most reliable source of vitamin A. Cod liver oil tablets or halibut liver oil capsules may be substituted in reducing diets or when cod liver oil is too objectionable. One tablespoon of good cod liver oil contains about 10,000 units of vitamin A, the recommended daily dose.

5. What are the average daily requirements of vitamin A?

Though not actually known, the daily requirements are thought to vary from 6,000 to 10,000 units, depending upon the individual, age, rate of growth, etc. A unit is that amount of vitamin A which when fed to a rat promotes an average three gram gain per week over an eight weeks period.

6. What are the principle dietary sources of vitamin B?

Wheat germ, whole grain cereals, and yeast are rich in vitamin B. Brewer's yeast and wheat germ are the best sources, while bran from whole wheat, rye, barley, and corn contain a fair amount.

7. What are the best sources of vitamin C?

Oranges, lemons, grapefruit, tomatoes, and raw cabbage are especially rich in vitamin C. Other good sources are raw strawberries, pineapple, young carrots, lettuce, turnips, peas, and bananas. Other fruits contain small amounts of this vitamin. Milk may contain this vitamin depending upon the diet of the cow. Vitamin C is not destroyed in carefully canned fruits and vegetables, although prolonged cooking destroys its efficacy and consequently its preparation should be done with care.

8. What amount of vitamin C is recommended for the average daily diet?

One eight-ounce glass of orange or tomato juice and one green salad should be included in the average daily diet for optimum health.

The following books on diet and nutrition are recommended:

"Food and Health" by H. C. Sherman, published by Macmillan Co., 1934.

"Nutrition" by M. S. Chaney and M. Ahlborn, published by Houghton, Mifflin and Co.

"The Vitamins": A Symposium on the Present Status of the Knowledge of Vitamins, published by the American Medical Association.