



# EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## The B Vitamin Family

We often strive for A's, but B's are important too. Meet the B Vitamin family, where every member contributes in its own special way to provide your body with essential nutrients for energy, metabolism, and maintaining a healthy immune system.

### Vitamin B1 (Thiamin):

Helps your body break down carbohydrates into energy.

*Opt for whole grain pasta options when you are at the pasta bar.*

### Vitamin B3 (Niacin):

Helps maintain skin health and supports the nervous and digestive systems.

*Add grilled chicken to your salad.*

### Vitamin B9 (Folate):

Needed to form red blood cells, which carry oxygen around the body.

*Grab a side salad of spinach or romaine.*

### Vitamin B2 (Riboflavin):

Involved in energy production, supports vision and skin health.

*Yogurt is a good source of riboflavin; add some to your oatmeal for breakfast.*

### Vitamin B6 (Pyridoxine):

Influences brain processes and development, immune function, and hormones.

*Add a scoop of chickpeas or pinto beans to brown rice.*

### Vitamin B12 (Cyanocobalamin):

Found in animal source foods, B12 is needed to produce and maintain nerve cells.

*Choose salmon or cod as an entrée for lunch or dinner.*



*You Better B-lieve it!*



Authored by: Tiffany Chen

Reviewed By: Dr. Joshua Miller-Chair of the Dept. of Nutritional Sciences

References: *What Are B-Vitamins and Folate?* Available at: [www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/what-are-b-vitamins-and-folate/](http://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/what-are-b-vitamins-and-folate/) Accessed on: November 14, 2018

*Vitamin B.* Available at: <https://www.betterhealth.vic.gov.au/health/healthyliving/vitamin-b/> Accessed on: November 14, 2018

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru\_hdt), Instagram (@ru\_hdt), Snapchat (ru\_hdt) or email [peggypp@dining.rutgers.edu](mailto:peggypp@dining.rutgers.edu).