

TRAINING DIET

Food Sources of Vitamins



If you are eating a variety of foods from all food groups, and consuming enough food to meet your energy needs, you will likely be consuming all the vitamins you need. There are two kinds of vitamins: fat-soluble and water-soluble. Fat-soluble vitamins are stored in fat tissue and large doses from supplements can accumulate, possibly creating symptoms of toxicity. Water-soluble vitamins have limited storage and must be consumed on a regular basis.

Fat Soluble Vitamins	Good Food Sources
Vitamin A	Liver, green and yellow vegetables (spinach, broccoli, squash, carrots), orange fruit (cantaloupe), egg yolk, fortified milk products (milk, cheese).
Vitamin D	Vitamin-D fortified milk, margarine, fortified soy beverages, egg yolk, liver, fish (tuna, salmon). Our body can produce small amounts of Vitamin D when our skin, without sunscreen, is exposed to midday sunlight for 10 to 15 minutes on a clear day. In northern countries such as Canada, Vitamin D production is limited to summer months and a 600IU – 1000IU Vitamin D supplement is advised from November to March. Athletes who train indoors, train fully covered (skiers) or wear sunscreen daily are encouraged to talk to their team physician or dietitian about taking a Vitamin D supplement year round.
Vitamin E	Oils (soy bean, corn, olive, canola), sunflower seeds, wheat germ, whole-wheat bread and cereal, liver, margarine, eggs, green vegetables, nuts, sweet potatoes, avocado, mango.
Vitamin K	Green leafy vegetables (broccoli, spinach), liver, milk, eggs. As well, bacteria in the digestive tract produce some Vitamin K.
Water-soluble Vitamins	Good Food Sources
Thiamin (Vitamin B ₁)	Whole and enriched cereal products (bread, breakfast cereal, pasta), meat (pork), organ meats (liver, kidney), brewer's yeast.
Riboflavin (Vitamin B ₂)	Milk and alternatives, liver, meat, eggs, whole or enriched cereal products, leafy green vegetables.
Niacin	Liver, meat (beef, chicken), milk, eggs, legumes (chickpeas), peanut butter, whole or enriched cereal products.
Folate	Organ meats, legumes, dark green leafy vegetables, fruit (oranges and cantaloupe), fortified breads and cereals, brewer's yeast.
Pyridoxine (Vitamin B ₆)	Meat, fish, poultry, milk, whole-wheat cereals, bananas, legumes.
Cobalamin (Vitamin B ₁₂)	Animal products (meat, liver, poultry, eggs, milk products), fortified soy beverage.
Pantothenic acid	Liver, peanuts, eggs, and many common foods.
Biotin	Liver, nuts, egg yolk, legumes, meat, vegetables, fruit.
Vitamin C	Citrus fruit and juice (orange, grapefruit, lemon), broccoli, peppers (green, red, orange), cantaloupe, kiwi fruit, strawberries, tomatoes.

The nutritional tip sheet [Evaluating Vitamin & Mineral Products: Pills, Powders, Beverages and Bars](#) provides more information on the potential danger of taking supplements inappropriately. If animal products are not part of your diet, the nutritional tip sheet [Vegetarian Ways of Eating](#) can help you plan your food choices to obtain the vitamins needed for health and training.

A registered dietitian with expertise in sport can teach you how to select food to be sure you are obtaining the nutrients you need. You can contact the dietitian at your [Canadian Sport Centre](#) or someone listed under the [Sport Nutrition Registry](#) on the CAC website. If there is no dietitian with expertise in sport listed in your area, [Dietitians of Canada](#) may list a dietitian near where you live.

