

Food Comparisons

Nutritional Values of Food: Vitamins

All comparisons are based on portion per person unless otherwise stated. How much, and the types of food you need per day, depends on your age, height, gender and how active you are. A varied and balanced diet with lots of fresh vegetables and fruit is recommended for a healthy lifestyle.

Vitamin B₁₂

Vitamin B₁₂ is essential for red blood cell formation, growth, and a healthy nervous system. Vitamin B₁₂ can be stored in small amounts by the body, primarily in the liver.

(All of these foods have approximately the same amount of vitamin B₁₂.)

half portion squid

2 ice cream cones

fortified margarine
for 2 slices of toast

half glass of milk

Folate

Folate supports red blood cell formation, protein synthesis and DNA metabolism. Together with vitamin B₁₂, folate is required for rapidly dividing cells in the bone marrow, which in turn maintains a healthy red blood cell count.

(All of these foods contain approximately the same amount of folate.)

1 portion yeast extract on toast

2 portions peas

3.5 portions brown rice

1 portion liver and bacon

Vitamin C

Vitamin C helps the body fight infection and promotes wound healing, energy production and growth. Vitamin C is essential for healthy skin, bones, teeth and gums. It also assists in the absorption of iron derived from plants.

(All these foods contain approximately the same amount of vitamin C.)

1 red pepper

12 portions
new potatoes

1 glass of
orange juice

7 portions broccoli

Vitamin D

Vitamin D helps the body absorb calcium. It also ensures the continuous mineralisation of bones and teeth by supporting levels of calcium in the blood. *Vitamin D can be created by the body's exposure to sunlight, but the amount synthesised varies due to the strength of the sun and an individual's skin colour.

(All of these foods have approximately the same amount of vitamin D.)

2 egg yolks

1 glass soya milk

sunshine*

1.5 bowls bran flakes