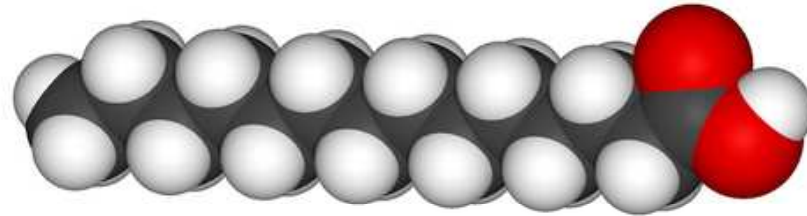


# DON'T BE AFRAID OF FAT



Presentation by Lotta Byström

# Fat Soluble Vitamins: A D E K

Fat-soluble vitamins A, D, E and K – only available in dietary fat and can only be transported by fat. For adequate absorption of these vitamins you need dietary fat. (Lierre Keith, *The Vegetarian Myth* p. 180)

# Vitamin A

**True vitamin A only in animal foods.  
There are no plant sources.**

## **Vitamin A necessary for:**

Reproduction

Normal cell division

Vision

Immune system

Skin

Bone

Teeth - Enamel



# More On Vitamin A

According to Mary Enig (“*Know Your Fats*”) true vitamin A is found only in animal foods – there are no plant sources. Plants contain the precursors of vitamin A, called carotenes.

“Plants contain proto-vitamin A, which must be converted to vitamin A. Even healthy adults can’t do this efficiently, and the young and the old may not be able to do it at all. And without, in Enig’s words, “adequate animal fats,” none of us can.” (Lierre Keith, *The Vegetarian Myth* p. 180)

Especially important for children and adolescents to get vitamin A in their diets. Good source is cod liver oil. In Sweden Vitamin A & D drops are given to babies especially during the winter months.

# Vitamin D



## Vitamin D

Is necessary for a healthy immune system, among other things  
Created by cholesterol.

Best source is sunlight.

Other sources are animal foods, such as butter, egg yolks, fatty fish, liver/cod liver oil. (Vitamin D is really only found in animals on “pasture” i.e. roaming outside in the sunlight.)



## Deficient?

Anyone not outdoors. Dark skinned people in northern climates.

Women who for cultural reasons are totally covered up

Vegans. (28% of vegan children had rickets in summer; 55% in winter)

(Keith, p. 181)”

# Vitamin E

**In both animals and plants.**

Nuts (almonds, hazelnuts, peanuts)



Sunflower and Safflower oil

Avocado



Olive Oil



**Needed for:**

Reproduction.

Antioxidant

Cardio vascular health.

# Vitamin K - Kalium

**Vitamin K - in both animals and plants.**

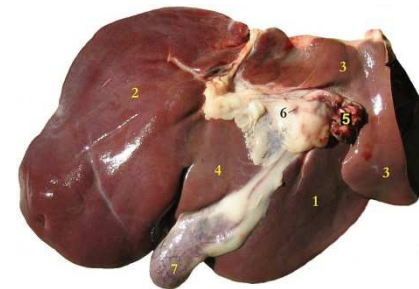
Spinach

Lettuce

Cauliflower

Broccoli

Liver



**Needed for:**

Blood clotting

Bone density