



"B" Smart with Your Food

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Thiamin, niacin, riboflavin, folate, B₆ and B₁₂. These are some of the important B-vitamins that work to make red blood cells, form your genetic blueprint, keep your nervous system healthy and even help your body use energy from food. Take this short quiz to learn more about these vitamins.

1. Which B-vitamin is especially important during pre-conception and pregnancy?

- a) niacin b) folate c) vitamin B₁₂

2. Strict vegetarians who eat little or no animal products may need to take a supplement of which B-vitamin?

- a) thiamin b) riboflavin c) vitamin B₁₂

3. Which food is a good source of riboflavin?

- a) eggs b) milk c) both eggs and milk

The answers

1- b) Folate, also called folic acid or folacin, is needed **before** you become pregnant as well as during pregnancy. This B-vitamin helps to reduce the baby's risk of developing a type of birth defect that affects the brain and spinal cord. Many foods contain only small amounts of folate, so it's difficult to get enough from food alone. If you are of childbearing age or planning to become pregnant, eat plenty of folate-rich foods and take a daily multivitamin and mineral supplement that contains 0.4 milligrams (or 400 micrograms) of folic acid. Make sure the supplement contains no more than 1 milligram (or 1000 micrograms) of folic acid

2 - c) Vitamin B₁₂ is only found naturally in animal foods such as meat, poultry, fish, eggs, milk, cheese and milk products. If fortified, soy and rice beverages as well as soy-based meat substitutes will provide vitamin B₁₂. Strict vegetarians or vegans who do not eat these fortified foods may need a vitamin B₁₂ supplement. Together with folic acid, vitamin B₁₂ helps to make red blood cells and DNA, our body's genetic blueprint.

3 - c) Milk and yogurt are the highest sources of riboflavin, followed by eggs, meat and cheese. Riboflavin, also called vitamin B₂, helps to keep our skin, eyes and nerves healthy. It also works with other B-vitamins to use energy from the food we eat. A deficiency of riboflavin is usually associated with other nutrient deficiencies and may cause mouth, throat, skin and blood problems. Other foods that contain riboflavin include: nuts, green peas, dark green leafy vegetables, legumes and enriched breads, cereals and pasta.

Busy "B"s

You can get all your B's by eating a variety of foods from the four food groups in *Canada's Food Guide to Healthy Eating*. Take a look at the B-vitamins that each of the food groups has to offer!

Grain Products - thiamin, riboflavin, niacin and folate (enriched breads/cereals/ pasta and wheat germ)

Vegetables and Fruit - folate (such as asparagus, beets, broccoli, Brussels sprouts, corn, green peas, romaine lettuce, cooked spinach, oranges and orange juice, canned pineapple juice, cantaloupe, honeydew)

Milk and Milk Products (cheese, yogurt) - riboflavin and vitamin B₁₂

Meat and Meat Alternatives - thiamin, niacin, vitamin B₆, vitamin B₁₂ (in animal products only) and folate (in liver and meat alternatives only such as kidney beans, navy beans, soybeans, chickpeas, lentils, nuts, peanut butter and seeds)

Who else may need a vitamin B₁₂ supplement?

Our ability to absorb vitamin B₁₂ decreases with age. Adults over the age of 50 may benefit from taking a vitamin B₁₂ supplement. Talk to your doctor or Registered Dietitian about the right amount for you.



Orange Crème Caramel

This recipe is a lighter but even tastier version of the traditional crème caramel. Prepare up to 2 days ahead. Cover with foil or plastic wrap and refrigerate. A good source of riboflavin and vitamin B₁₂, this is a perfect finish to a special meal!

Ingredients

1/2 cup	granulated sugar	125 mL
1/4 cup	water	50 mL
5	eggs	5
1/2 cup	granulated sugar	125 mL
2 1/2 cups	hot milk	625 mL
1 tbsp	grated orange zest	15 mL
1 tsp	vanilla extract	5 mL

Makes 8 servings

Per serving:

183 calories

6.4 g protein

4.6 g fat

29.2 g carbohydrate

0.1 g fibre

Preheat oven to 350°F (180°C). Use a 8-inch (2L) round baking pan

1. In a small heavy saucepan, combine 1/2 cup (125 mL) sugar and water. Cook over medium heat, stirring constantly, until sugar is dissolved. (Be careful not to let the mixture boil at this stage.) Increase heat to medium-high and boil, without stirring, for 6 to 8 minutes or until mixture caramelizes and is golden in colour. Pour immediately into pan, tilting pan to cover bottom.
2. In a medium bowl, stir together eggs and 1/2 cup (125 mL) sugar until blended. Stir in hot milk, orange zest and vanilla; avoid over-mixing. Pour into pan over caramel mixture. Place baking pan in a larger pan of boiling water. Bake in preheated oven for 40 to 45 minutes or until mixture is set. Remove from hot water. Cool on a rack. Refrigerate until ready to serve.
3. To remove from pan, run a spatula carefully around custard. Invert a rimmed serving plate over custard and turn over. Serve in wedges with caramel sauce from the pan.

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To learn more about vitamins and minerals, contact your local Registered Dietitian.

Visit the award winning Dietitians of Canada website www.dietitians.ca/eatwell for more great recipes, nutrition tips, factsheets and the Nutrition Challenge - an interactive test of your nutrition knowledge.

To find a Registered Dietitian, check out the Dietitians of Canada website or call the Consulting Dietitians of Canada at 1-888-901-7776.

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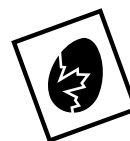
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