



# TROJAN TIMES

YOUR QUARTERLY  
INSIGHT INTO THE  
WORLD OF TROJAN

[www.trojanholding.ae](http://www.trojanholding.ae)

2020 - 1<sup>st</sup> EDITION

## SIDRA 3 COMMUNITY ACHIEVEMENTS

**Featured Project: Al Falah  
Villas P5**

**Certificate of Appreciation  
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# A WORD FROM THE MANAGING DIRECTOR

## In Unity We Thrive



**Eng. Hamad Al Ameri**  
Managing Director

There is no doubt that these are difficult times — perhaps the most difficult of our era. But at Trojan Holding, we believe that together we can overcome anything.

Our top priority during the ongoing global pandemic is the wellbeing and health of our people, which is why we implemented, from the very early stages, a cautionary and responsive approach, utilizing all of our resources to respond to this health threat, and taking every measure possible to safeguard employee health.

In addition, we are doing the utmost to ensure continuity of work, be it through safety measures at all facilities, or providing the resources for our employees to thrive through re-skilling and up-skilling opportunities.

I have full confidence in the Trojan family, and I want to thank every single one of you for your continued trust and resilience.

Together, we will manage this crisis and build the bridge to the other side. Because together, we are stronger than any challenge.

# A WORD FROM THE DEPUTY GM AND HR MANAGER

## Together, Prepared For Anything



**Mr. Emad Al Janabi**  
Deputy GM and  
HR Manager

### **1. Do you have a system in place for at-risk (in terms of underlying health issues, etc.) employees?**

Of course, we have thought of every contingency or possibility, and have put in place the necessary processes. When it comes to physically vulnerable employees such as pregnant women and staff over 60, we've isolated them from the rest of the staff, allowing them to continue their work in separate offices.

### **2. How is the department adapting to the changes?**

Remote working is the biggest change at Trojan, and I think we've adapted beautifully. 80% of work is now being done electronically through Trojan's online system Trojan Business Management System (TBMS); one effect of this is that we've stopped manual signatures and paperwork. Ensuring employees can work remotely means reducing staff in the department at work, which in the end means they're safer and work is continuing unabated.

### **3. Are you optimizing the workforce for exceptional and key talent (finding new roles and redeploying existing resources)?**

At Trojan, we've always trained employees to do multiple tasks within the department; in case of an employee shortage, anyone from the existing employees is then able to do the job. So that really helped us going forward in times of a pandemic, and we will be continuing this training as a matter of necessity. Additionally, we have redistributed the workforce based on work priority, which allows us to keep our staff safe, be it on site or at the office.

### **4. How are employees at Trojan adjusting to the COVID-19 situation?**

I'm proud of Trojan employees, they have shown great resilience during this situation and have adapted as positively as one can expect. In addition, they've demonstrated responsibility by always complying with precautionary procedures given by the company, and we've been extremely pleased with their readiness to be educated about the impact of COVID-19 on their health and on society.

### **5. What did the department do to facilitate the return of employees to the office?**

At Trojan, the safety and wellbeing of employees is at the core of everything we do.

When the time came for ease of restrictions and a semi-return to "normal", we had implemented a variety of measures that ensure the minimum amount of exposure: at offices and on transportation, we use social distancing; we use biometric cameras for staff's daily attendance (coming in and out); we disinfect offices and conduct temperature checks on a daily basis; we have been and continue to carry out COVID-19 testing on working staff; and we have issued strict regulations on keeping your distance at offices and on wearing face masks and gloves at all times during work hours and when using company transportation.

In case of any infections, we immediately test everyone who's been in contact with the infected person.

And, finally, we have been providing constant reminders to employees through company media systems on how to protect themselves and stay healthy.

# CONSTRUCTION INDUSTRY

## Project Feature: Al Falah Villas





### **Trojan General Contracting Appointed as Builder to Landmark Development**

Over the next three years, UAE real estate developer Aldar Properties will be undertaking the \$544.5m (AED2bn) expansion of Al Falah for the Abu Dhabi government. The expansion will extend the development with 899 additional villas (each of which spans 515 square meters) and a mosque for 2,000 worshippers.

To build the homes, which are currently in the design stage, Aldar Properties has appointed Trojan General Contracting.

Located on the east side of Abu Dhabi International Airport and the Abu Dhabi-Dubai highway, the master-planned community development Al Falah spreads across 12.5 million square meters consisting of five “villages” and 4,869 villas, with each of the villages arranged around its own “Village and Neighborhood Center”, and with each containing a mosque, a market square, and a mix of local shops and offices. Homes at Al Falah are available in 3, 4 and 5 bedroom sizes with distinct styles that blend contemporary designs while preserving local traditions.

As the latest project that Trojan General Contracting takes on, Al Falah is yet another landmark development for the company, and proves Trojan’s commitment to quality and dedication to craft.

# Interview With Al Falah Villas' Project Manager



**Eng. Mohamad Adnan Yassine**  
Project Manager

## **1. What makes this project different from the other projects you've managed?**

There were two main differences: for one, the infrastructure in this project was already completed before we came in to construct the villas. What makes that complicated is that we had to ensure existing facilities would still be in place and fully protected. In addition, the scale and magnitude of this project compared to any other project I've ever managed... In terms of construction, this is definitely the biggest. The huge number of workers employed, for example. But the massive size of this project also means it requires more time to accomplish and complete.

## **2. What do you think are the three most important attributes a project manager has to offer and why?**

For me, the top 3 crucial attributes of a project manager are: first — communication skills. A project manager needs to clearly convey the distinct responsibilities, goals and performance expectations of the people in the team. Second is leadership. As a leader, you have to set a good example to your subordinates, in every aspect. Lastly is management, specifically team and time management. Team management in the sense that you need to monitor and guide everyone in the team, especially when it comes to the execution of their assigned task. And time management, because for a project to progress efficiently, it's essential that it is bound by time, giving you a time frame of accomplishment.



### **3. Describe what your style of project leadership is.**

My style of project leadership is basically based on the 3 attributes mentioned in the answer to question two. I communicate, I am a team player, and a model leader as much as I can be. I communicate, coordinate and follow up with each department, ensuring that there are no pending items, and arriving to a conclusion together with the team by brainstorming on the items/events that are experiencing obstructions.

### **4. What project management tools are being utilized for this project, which do you like the best and why?**

- Scheduling and Time: Primavera
- Communication: Microsoft Outlook, ACONEX, and for daily communication we use WhatsApp.
- Work Flow Organizing: TBMS
- Finance and Accounting: Buildsmart
- Technical: Building Information Modeling (BIM)

The one that I like best is BIM because it is a new technology that is very beneficial to the project as it highlights a problem or conflict ahead of time.

### **5. What keeps you motivated when projects become challenging?**

Trojan General Contracting is such a respectable name in the construction business. That, alone, would keep me motivated to exert all my efforts to maintain and complete a project. No matter how challenging it might get, I'm fully aware of what's at stake and actively motivated to not fail and to maintain Trojan's credibility on every construction project we undertake. Challenges and problems, big or small, these become part of every job, so I keep myself motivated by committing 100% of myself, exhausting all possible solutions and resources to surmount all difficulties that may arise.

### **6. How do you keep yourself up to date with construction related trends?**

I make sure to keep myself informed on related construction trends by constantly staying in discussions and keeping in touch with other project managers or people who have tenure experiences in construction. I also take time to stay informed by reading related construction news on a regular basis.



# Latest Awarded Projects



## Riyadh City South Phase 1

National Projects and Construction LLC was awarded a project for the construction, completion, testing and commissioning, handover and remedy of defect of infrastructure and streetscape at Riyadh City South, Phase 1, all in accordance to drawings and specifications handed over by the client. The project was awarded by Modon Properties PJSC and is expected to be completed by January 2022.

## Riyadh City South Phase 2

Modon Properties PJSC has awarded National Projects and Construction LLC with infrastructure and streetscape works — mobilization and set up of site facilities — at Riyadh City South, Phase 2, Neighborhood 4. Project duration includes 2 years for MEP and 1 year for civil works.



## B4 Residential Tower

Emaar Development PJSC has awarded Reem Emirates Aluminum LLC with the procurement, fabrication and supply of aluminum and glazing works at B4 Residential Tower, Opera District, Dubai. Work is expected to be completed by July 2022, with a maintenance period of 1 year.



## Minsk Multifunctional Hotel Complex

Viceroy Hotel Group has awarded Trojan General Contracting the design, construction, execution, completion, testing, commissioning, maintenance and the remedying of any defects at Minsk Multifunctional Hotel Complex (Phase 1). The project consists of parking lots, MEP rooms, spa, ballrooms, gym, retail facilities, offices, banquets and restaurant kitchen in the basement; spa reception, lobby/offices, hotel main lobby, restaurant and library on the ground floor; in addition to hotel guest rooms on the first and fifth floors (14 junior suites, 25 executive king and 70 standard king units, 21 double queen units, and 19 BR suite units).

# QUALITY, HEALTH, SAFETY, AND ENVIRONMENT (QHSE)

## Sidra 3 Community Achievements



Everything you could ever need and want, you will find at Sidra 3 Community in Dubai Hills Estate. With exquisite villas dotted along an integrated network of lush green corridors, the community is one designed exclusively for those with a taste for the contemporary and the finer things in life.

Trojan General Contracting, which undertook the construction of 339 premium community villas to the west side of Dubai Hills Estate in February 2018, has already achieved 95% overall project completion, 60% building completion certificates from the Authority, and 30% handing over of villas to the client (Emaar).

Currently, finishing and MEP (mechanical, electrical and plumbing) works are in progress, and tiling, landscaping and false ceiling works are ongoing.

In addition to these achievements, Trojan General Contracting is pleased to announce 5,089,120 safe man-hours without LTI since the launch of the project.



## For Staff, Trojan Takes Every Measure

In answer to the COVID-19 crisis, and with employee wellbeing and health as a priority at Trojan, the company implemented precautionary measures well in advance of many others.

Beginning on March 3, 2020, Trojan General Contracting developed an emergency and crisis management plan, which includes planning to ensure business continuity.

The company also conducted 24,000 tests for early detection among employees, and had its workforce medically assessed and classified into different categories for easy reference.

Additionally, Trojan implemented a variety of social distancing and hygiene measures during transportation and across all offices, facilities and sites, including: UV disinfection at offices and on shared transportation; sanitation gates at camps and projects, using approved EPA/CDC chemicals; hand sanitizers and water taps replaced with touchless devices; portable forehead thermal scanners used within all facilities and for all employees, and thermal scanners installed at labor camps to monitor their vital symptoms; multilingual audios about COVID-19 (prevention methods, the dos and don'ts) playing continuously during transportation; and, of course, the cancellation of all gathering and events, with meetings held remotely.

These comprehensive measures have ensured Trojan's capability to continue work as seamlessly as possible, while ensuring its workforce family is educated about the crisis and remains safe and healthy throughout.



# INNOVATION & TECHNOLOGY

## 2020's Top 10 Construction Technology Trends

Construction technology has been a main driver of advancements in the construction industry. During 2019, construction technology investment grew by 30% (equal to \$1.05B), and the total value of the sector exceeded \$10trn.

Looking back at the industry's history, it's safe to say there's been a significant paradigm shift, and we expect more leaps forward in 2020.

Here's a look at the experts' top 10 most noteworthy trends we'll be seeing in the construction industry this year.

01

### Augmented Reality

Global AR market increase by 2020: \$90B

It'll come with a cost, but augmented reality is bound to open new opportunities in the construction industry.



# 02

## Construction Software & Data Ecosystem

95% of data in construction is thrown away

Serving as the digital backbone of the construction process from start to finish, real-time collaboration software will be relied on more and more.



# 03

## Building Information Modeling

According to 88% of construction stakeholders, BIM can enable better design insight

Expect BIM technology to be a catalyst for fundamental change in the way we manage, design and develop a construction project.

# 04

## Modular Construction

With modular construction, projects can be completed 65% faster

A great way to cut down on costs and lead times is the use of standardized processes to assemble as much as possible off-site before completing the construction project on site.



05

## Self Healing Concrete

By 2030, 58 metric tons of concrete will be used  
The industry's experts have spoken!  
Many believe we'll be seeing self healing concrete being used on roads, buildings and homes.



06

## Drones

In the next decade, drone industry value will rise from \$2B to \$10B  
The rapid development in drone technology in accuracy and precision reading will mean less human involvement will be necessary.

07

## Robotics

By 2030, the industrial robotics market is expected to grow by 175%  
With robotics continuously growing more precise and accurate, you can guarantee they'll be utilized extensively in the construction industry.







08

## Cloud & Mobile Technology

**IT spend in construction will be greater than 1% revenue**

Cloud technology can be leveraged from anywhere and at anytime using mobile devices, so if you want your business to remain competitive, you better get onboard.

09

## Advanced Uses for GPS

**In the next ten years, there will be 120 positioning satellites ready to be used**

With GPS tracking solutions being used in more creative and resourceful ways, the collection of data will become quicker and more accurate.



10

## Wearable Technology

**By end of the year, experts predict 250 million smart wearables will be in use**

There will be more safety on site and more efficient monitoring of a project's progress thanks to wearable technology becoming more ubiquitous.



# PUTTING DEPARTMENTS IN THE SPOTLIGHT

## Business Development



**Eng. Ziad Abdallah**

01

**What are the major shifts in the construction industry since 2010 (in the last 10 years)?**

I think the most palpable change is time-based — with the use of advanced technology and the most cutting edge machinery, construction is faster, more efficient, and takes lesser time overall. And that makes it more cost effective.

Another major shift has to do with sustainability and ethical practices. There's more emphasis on recycling and greater care when it comes to CO2 emissions.

02

**What are the major challenges you face as the head of business development department (external or internal)?**

Internally, you can say we've turned challenges into strengths. It's not easy managing 8 subsidiaries in tandem, but with everyone collaborating and being in the loop, liaising with the heads of different departments is, in fact, very easy and effective. Trojan Holding is one of the top construction conglomerates in the UAE, so that's no easy task, but when information is shared transparently and efficiently, it's a recipe for success.

Now, as a relatively young company, the main challenge externally is building our client base. Every client has specific needs, and we put considerable effort into catering to those needs to our utmost capacity. So we're very detail-focused in presentations as we've found that it's best to draft and present information to clients in a very tactical manner that suits their specific needs.

## 03

### **What measures is the department taking to cope with the current climate?**

The safety of employees is non-negotiable, so the company has taken strict measures to ensure it, such as company-wide checkups, screenings, and preventive HSE measures. A positive outcome of this pandemic has been our adoption of more advanced technologies ahead of time. This has been a huge contributor in ensuring work continues unabated. With everyone communicating via video conferencing apps, and with other technologies in our toolbox, we've been able to successfully transition 70% of employees into working from home, we've been holding weekly meetings as always, and have implemented the same technologies for our client and partner meetings. The minimizing of face to face interactions not only saves on time but has proven cost effective too. So overall, it's been very productive.

## 04

### **How long do you foresee these measures will be put in place to cope with the current situation?**

Some of these measures, I expect, will be surpassing the life of the pandemic. As I already mentioned,

the use of technology and digital tools and platforms has been both productive and cost effective, so that will continue. But to a greater degree, this whole experience has instigated a shift worldwide, and I believe this will shape our organization's decisions going forward, especially as it pertains to health and safety standards. Precaution is a key lesson of the pandemic, and the company will continue to take all necessary measures to ensure employee safety.

## 05

### **How do you think COVID-19 will shape the construction landscape for the next year?**

The use of digital and on ground technology will become a habit and a lot of investment will go into Robotics and Artificial Intelligence. Being prepared is crucial, and this will keep the industry safe and functional in case of any recurring future pandemics.

## 06

### **Where do you see the construction industry in the UAE in the next 10 years, and beyond?**

The construction industry is and will continue to be one of the main drivers of the UAE economy. Additionally, the market and the UAE government's vision, particularly as it relates to infrastructure and sustainability, will prove to be very potent for the construction industry's growth.

But to really look ahead, I first look back, specifically at the last decade. Global recessions, shifting geopolitical considerations, even a pandemic... all of these are things we learned from, and the industry has identified various cycles in the economy and is prepared to adapt to any shifts. We're ready, we've learned, and we have a stable business model to carry us forward.

# EMPLOYEE FOCUSED

## Chartered Accountant (CA) Qualification



**Mr. Khalil Ahmed Khan**  
Group Internal Audit Officer

Professional development is key to a long, fulfilling career. Recently, Mr. Khalil Ahmed Khan, Group Internal Audit Officer at Trojan Holding, achieved a Chartered Accountant (CA) qualification from the European Institute of Chartered Accountants (EICA).

The CA qualification is notoriously difficult to achieve, due to its high demand on analytical skills, numerical ability and intense cognizance of the world of business and finance.

Talking about his recent achievement, Mr. Khalil stated:

*“Thanks to the guidance of Mr. Imran Hasnain Jaffery, I am now enthusiastically looking forward to greater responsibility to enhance and heighten our organization.”*

## Dr. Yasser's Farewell

It's not every week we have to say goodbye to someone who meant so much to our organisation. On January 7th we said fond farewells to the inimitable character of Dr. Yasser -Technical Manager of Al Ajban Chicken and colleague of Trojan Holding for the past 11 years.

In an event that took place at the Trojan Holding Head Office, Dr. Yasser was greeted by guests, including esteemed colleagues and upper management: Eng. Hamad Al Ameri, Mr. Emad Al Janabi, Eng. Nihad Saad, Dr. Mohammed Eagamy, and Mr. Mansoor – who enjoyed cake and shared fond memories with Dr. Yasser.

Talking of Dr. Yasser's tenure and contributions to Al Ajban, friends and colleagues shared the following:

*"I pray God blesses him and keeps him in good health. Dr. Yasser proudly founded what is now considered to be one of the biggest poultry projects in the country. All due to his unrelenting hard work, perseverance and dedication worth over 10 years."*

**- Eng. Hamad Al Ameri**



*"It's difficult to describe the profound impact Dr. Yasser has made. And it is even harder for us today to bid him farewell."*

**- Eng. Nihad Saad**

*"I can honestly say that Dr. Yasser is the person I have learnt from the most in my career. Not just technical skills but learning what it means to have true work ethic and the ability to manage a crisis. And I'm still learning from him to this day."*

**- Dr. Mohammed Eagamy**

# TROJAN BUZZ

## Trojan's Information Security Now Guaranteed



Trojan Holding is proud to announce that it has received the ISO 27001 certification, globally recognized as the world's highest accreditation for information protection and security. ISO 27001:2013 (the current version of ISO 27001) allows a company to prove its information security to clients and other stakeholders, with the certification providing a set of standardized requirements for an Information Security Management System (ISMS). The standard adopts a process-based approach for establishing, implementing, operating, monitoring, maintaining, and improving ISMS.

Protecting an organization's information is critical for the successful management and smooth operation of the organization, and this achievement brings numerous benefits along with it: it keeps confidential information secure; it provides confidence in the company's risk management; it allows for secure exchange of information; it provides the company with a competitive advantage; it protects the company, its assets, shareholders and directors; and much more.

IT Manager at Trojan, Mr. Rahul, was extremely satisfied with the achievement, saying, "Security threats in the IT world always evolve but, then again, so do we!" He continued: "Gaining ISO 27001 for Trojan companies has reassured our management that our most valuable assets and confidential proprietary information are well-protected from the never-ending risks in the online world."

Eager to give credit where it's due, Mr. Rahul insisted achieving this standard of excellence was a group effort. To Managing Director Engineer Hamad Al Ameri and Deputy General Manager Mr. Emad Al Janabi, Mr. Rahul showed his appreciation for their remarkable support and professional guidance in helping remove obstacles and organize the workload whenever necessary. He also extended his gratitude to each and every member of the IT Department for their contributions and hard work — "But remember, this is just the beginning, and we need to keep this new challenge alive by performing continuous maintenance of the attained certification standards in our organization," he reminded colleagues — in addition to Trojan employees, who he assured could perform their duties with an increased level of security.

ISO 27001:2013 establishes Trojan's IT Department as one that is in absolute control of risks and regulatory requirements. This in itself enhances Trojan's reputation in the industry, thus enabling the leading construction group to apply for tenders on an even more confident platform.

# Certificate of Appreciation From Abu Dhabi Blood Bank

During the Holy Month of Ramadan, Trojan held a blood drive that is still ongoing every week, giving Trojan employees the opportunity to show their support to the nation. So far, approximately 40 employees have donated blood, and the drive has become common practice at Trojan.

In recognition of Trojan employees' efforts, support and generosity, Abu Dhabi Blood Bank has presented Trojan with a Certificate of Appreciation.

As a company that prides itself on being part of the very fabric of its community, Trojan is proud of employees for reflecting the company's values, and looks forward to continuously and actively supporting the nation whenever possible, today and in the future.



# POSITIVE PRESS

## Recognition for Trojan's Efforts

The Abu Dhabi Public Health center and Aldar Properties PJSC hailed Trojan Holding for the public health rules and guidelines applied across all its labor accommodation camps, workplaces and transportation.





# Trojan Holding - Featured Articles

## 01 Gulf News



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### UAE

## Abu Dhabi Public Health Centre hails contracting company's compliance with anti-coronavirus measures

Workers provided with sanitisers at accommodation, workplaces, bus

ABU DHABI: The Abu Dhabi Public Health Center has hailed the public health rules and guidelines applied by the Trojan General Contracting LLC across its labour accommodation camps.

The Centre also praised the medical check-up measures arranged by the company for its workforce and its provision of quarantine and self-isolation facilities for any potential COVID-19 cases.

The centre said the company has displayed full cooperation with all competent health departments and other relevant bodies to prevent the spread of the virus among its labourers.

It called on all companies operating in the Emirate - being partners in State-building efforts- to abide by all precautionary measures and occupational health and safety rules, including provision of sanitisers, and face masks, and to disinfect means of transport, used by labourers on a daily basis, and their accommodation camps, while providing all needed medical appliances.



CORONAVIRUS PANDEMIC

Home » Coronavirus Pandemic

# Abu Dhabi Public Health Centre hails contracting company's anti-coronavirus measures

WAM

Last updated on April 11, 2020 at 03:59 am



***The Abu Dhabi Public Centre, which is affiliated to the Department of Health - Abu Dhabi, commended Trojan General Contracting LLC for providing its workers with sanitisers at their accommodation, workplaces and means of transportation.***

(WAM)

The Abu Dhabi Public Health Centre has hailed the public health rules and guidelines applied by the Trojan General Contracting LLC across its labour accommodation camps as part of a concerted campaign to curb the spread of Covid-19.

The Centre, which is affiliated to the Department of Health - Abu Dhabi, commended the company for providing its workers with sanitisers at their accommodation, workplaces and means of transportation.

The Centre also praised the medical check-up measures arranged by the company for its workforce and its provision of quarantine and self-isolation facilities for any potential Covid-19 cases.

The centre said the company has displayed full cooperation with all competent health departments and other relevant bodies to prevent the spread of the virus among its labourers.

It called on all companies operating in the emirate - being partners in State-building efforts - to abide by all precautionary measures and occupational health and safety rules. These include the provision of sanitisers and face masks and the disinfection of means of transport used by labourers on a daily basis, as well as their accommodation camps, while providing all necessary medical appliances.

# 03

## MEP Middle East



### Trojan General Contracting praised by Abu Dhabi Public Health Center

Trojan General Contracting LLC has been praised by Abu Dhabi Public Health Center for the public health rules and guidelines the firm has implemented at its labour accommodation camps.

Workers have been provided with sanitisers at their accommodation, workplaces, and means of transportation.

State-held news agency *Wam* reports that the centre, which is affiliated to the Department of Health, also raised the medical check-up measures arranged by the company for its workforce and its provision of quarantine and self-isolation facilities for any potential COVID-19 cases.

The centre said the company has displayed full cooperation with all competent health departments and other relevant bodies to prevent the spread of the virus among its labourers.

**For the latest MEP news from the UAE, Gulf, and around the world, follow us on [Twitter](#) and [LinkedIn](#).**

# 04

## Emirates News Agency



English



Sat 11-04-2020 01:03 AM

### Abu Dhabi Public Health Centre hails contracting company's compliance with anti-coronavirus measures

A- A A+

ABU DHABI, 10th April, 2020 (WAM) -- The Abu Dhabi Public Health Center has hailed the public health rules and guidelines applied by the Trojan General Contracting LLC across its labour accommodation camps.

The Centre, which is affiliated to the Department of Health -Abu Dhabi, commended the company for providing its workers with sanitisers at their accommodation, workplaces and means of transportation.

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# NURTURE YOUR HEALTH WITH THESE 13 ESSENTIAL VITAMINS

It's important to give your health a boost with vitamins, and it's relatively easy to do so because the best source for these vitamins is the variety of foods around you. Below are the 13 essential vitamins you'll need, and the ideal way you can give your body a dose of goodness and health.

## Vitamin A

Vitamin A is essential for vision, keeps tissues and skin healthy, and plays an important role in bone growth and in the immune system. Most crucially, Vitamin A can lower your risk of cancer. You can get your daily dose of Vitamin A by eating beef liver, eggs, shrimp, fish, fortified milk, and carrots, just to name a few.



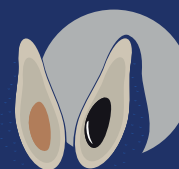
## Vitamin B1, B2 and B3

The three Bs 1, 2 and 3 help convert food into energy, and are needed for healthy skin, hair, muscles and brain. B1 and B3 are also critical for nerve function. Get your daily B1 intake from brown rice, soy milk and watermelons; your B2 from milk, eggs, yogurt, cheese, meats, and green leafy vegetables; and your B3 from meat, poultry, fish, and fortified and whole grains.



## Vitamin B5

Like B1, 2 and 3, Vitamin B5 also helps convert food into energy, but additionally makes lipids (fats), neurotransmitters, steroid hormones, and hemoglobin. You can find B5 in a wide variety of nutritious foods, including chicken, egg yolk, whole grains, broccoli, mushrooms, avocados, and tomato products.



## Vitamin B6

This vitamin aids in lowering homocysteine levels, may reduce the risk of heart diseases, and helps make red blood cells. It plays a key role in sleep, appetite, and mood, and can influence cognitive abilities and your immune function. The best sources for B6 are meat, fish, poultry, legumes, potatoes, and non citrus fruits such as bananas and watermelons.



## Vitamin B12

Like B6, B12 also aids in lowering homocysteine levels and may lower the risk of heart disease. Additionally, it assists in making new cells and breaking down some fatty and amino acids. B12 also protects nerve cells and encourages their normal growth, and finally, it helps make red blood cells and DNA. For your dose of B12, try meat, poultry, fish, milk, cheese, eggs, and fortified cereals and soy milk.



## Vitamin C

Vitamin C can pack a big healthy punch, bolstering the immune system, and acting as an antioxidant to neutralize unstable molecules that can damage cells. Foods rich in vitamin C may lower the risk for some cancers, including those of the mouth, esophagus, stomach, and breast. Vitamin C also helps make collagen, and long-term supplemental use can protect against cataracts. You can find Vitamin C in fruits (especially citrus), potatoes, tomatoes, broccoli and spinach.



## Vitamin D

To maintain normal blood levels of calcium and phosphorus (which strengthen bones), make sure you get your Vitamin D. It also helps form teeth and bones, while supplemental use can reduce the number of non-spinal fractures. For Vitamin D, have fortified milk or margarine, fortified cereals, and fatty fish.



## Vitamin E

Acting as an antioxidant, Vitamin E neutralizes unstable molecules that can damage cells. It also protects Vitamin A and certain lipids from damage. Diets rich in Vitamin E may help prevent Alzheimer's disease, so make sure you get plenty of leafy green vegetables, whole grains, and nuts.



## Vitamin B9

Like Vitamins B6 and B12, Vitamin B9 can also lower levels of homocysteine and reduce heart disease risk. B9 additionally reduces the risk of colon cancer, and is vital for new cell creation. Some sources of B9 include fortified grains and cereals, asparagus, spinach, broccoli, and legumes like black-eyed peas and chickpeas.



## Vitamin K

Blood clotting is an essential function that prevents continuous blood flow from injuries. To aid in that function, Vitamin K activates the proteins and calcium that are needed. Vitamin K additionally can help prevent hip fractures, so make sure you get this essential vitamin by eating cabbage, liver, eggs, milk, spinach, broccoli, and other green vegetables.



## Omega 3

For a vitamin that aids in maintaining a healthy heart, try Omega 3, which reduces triglycerides, lowers blood pressure, and slows the development of plaque in the arteries. Omega 3 also reduces the chance of abnormal heart rhythm, heart attacks and strokes, and the chance of sudden cardiac death in people with heart disease. This important vitamin can be found in walnuts, edamame, and various seeds such as chia, flaxseed, and hemp.

