

vitamins (and where to get them!)

vitamin:	essential for:	sources:
A	Eye health, immune system support, healthy skin.	orange fruits, orange vegetables, dark green vegetables, milk.
B6	Healthy brain & nerve function, red blood cell production.	Beans, nuts, red meat, fish, eggs, spinach.
B12	Red blood cell production, nerve function.	Milk, eggs, poultry, red meat, fish.
C	Healthy bones, teeth, skin, & brain function.	Citrus fruits, berries, spinach, tomatoes.
D	Strong bones, calcium absorption.	Sunlight, egg yolks, milk.
E	Healthy red blood cells & protection against cell damage.	Nuts, vegetable oils, whole grains, green vegetables.
Folic acid	Cell health, protection against heart disease.	Dark green vegetables, fruits.
K	Blood clotting	Egg yolks, dark green vegetables.
Niacin	Promotes the conversion of food to energy.	Whole grains, dairy products, nuts, poultry.
Riboflavin	Energy production, healthy chemical processes in the body, healthy skin.	Fish, whole grains, dark green vegetables, meats, milk.