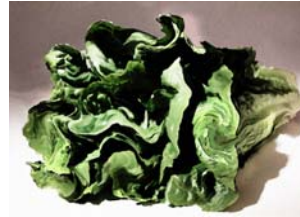


# B Vitamins

Help release energy from food.

Found in meats, eggs, milk, grains, leafy green vegetables, poultry, fish, nuts, & dry beans.



# Vitamin C

Makes Collagen.

Found in citrus fruits, berries, broccoli, greens, cabbage, and bell peppers.



# Vitamin A

Helps vision & immune system.

Found in yellow-orange vegetables & fruits and in dark leafy green vegetables.



# Vitamin D

Helps body use Calcium.

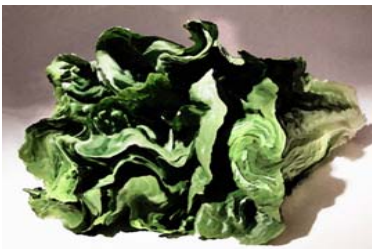
Found in fortified milk, fish, liver, and small amounts in eggs. Also produced by the body when your skin is exposed to the sun.



# Vitamin E

Protects our cells.

Found in whole wheat, vegetable oils, some leafy greens, and the oils in seeds and nuts.



# Vitamin K

Important for blood clotting.

Found in leafy green vegetables and vegetable oils.

