

## Vitamins

Vitamins and minerals are substances that are found in foods we eat. Your body needs them to work properly, so you grow and develop. When it comes to vitamins, each one has a special role to play. Your body is a powerful machine that can do many things by itself. But one thing it can't do is make vitamins. (adapted from Kids Health)

### **Vitamin A: Helps your eyesight and your skin**

Try eating:

- Eggs
- Milk
- Apricots
- Nectarines
- Cantaloupe
- Carrots
- Sweet potatoes
- Spinach

**Vitamin B: There are many type B vitamins. B1, B2, B6, B12, niacin, folic acid, biotin, and pantothenic acid. This group of vitamins help make red blood cells that carry oxygen throughout your body.**

- Whole grains such as wheat and oats
- Fish and seafood
- Poultry and meats
- Eggs
- Dairy products like milk and yogurt
- Leafy green vegetables
- Beans and peas
- Citrus fruits such as oranges

**Vitamin C: helps keep body tissues like muscles in good shape. It helps your body resist infection.**

- Citrus fruits, like oranges
- Cantaloupe
- Strawberries
- Tomatoes
- Broccoli
- Cabbage

**Vitamin D: builds strong bones**

- Milk and other dairy products fortified with Vitamin D
- Fish
- Egg Yolks

**Vitamin E: helps maintain your body's tissues. It protects your lungs.**

- Whole grains
- Wheat germ
- Leafy green vegetables
- Egg yolks
- Nuts

**Vitamin K: this is the clotmaster. It helps your blood when you get a cut.**

- Leafy green vegetables
- Liver
- Pork
- Dairy products