

VITAMINS & MINERALS

A

Eyes Like A. Vitamin A is very important for good vision. Carrots, apricots, broccoli and sweet potatoes are great sources of Vitamin A.

B

Beef Up on B Vitamins. B vitamins help build healthy red blood cells and make energy. Avocados, broccoli, chicken, lean meat, fish, nuts and beans are good sources of B vitamins.

C

See Benefits with C. Vitamin C boosts the immune system and helps to keep skin and hair healthy. Vitamin C can be found in citrus fruits, mangoes, tomatoes, broccoli, strawberries and cauliflower.

D

Get D daily. This vitamin helps the body soak up calcium. Many foods are fortified with vitamin D, such as milk, cereals, yogurt & orange juice (read the labels). Salmon, tuna, and mackerel are also very good sources of vitamin D.

E

Stay Young with Vitamin E. Vitamin E acts like an antioxidant protecting the body from many diseases and cancers. It also protects eyes, skin and lungs from air pollution. Beans, nuts, vegetables oil and whole-grain bread have vitamin E.

I

K

Z

Z is for Zinc. Studies show zinc may improve memory and school performance. Liver is an excellent source of zinc. Shitake mushrooms, spinach, asparagus, green peas and pumpkin & sesame seeds also contain zinc.

Iron is Essential. Iron forms an important part of red blood cells and makes sure oxygen is delivered to all parts of the body. Eat plenty of iron-rich foods to have a healthy body. These foods include avocados, chicken, dry beans, meat and spinach.

Kickin' with K. Vitamin K helps the body make proteins that are important for blood to clot. Broccoli, egg yolks, cauliflower, green peas and tomatoes for are all foods with vitamin K.