

Vitamins, Some of Their Actions, and Good Food Sources		
Vitamin	Actions	Sources
A	<ul style="list-style-type: none"> ● Needed for vision ● Helps your body fight infections ● Helps keep your skin healthy 	Kale, broccoli, spinach, carrots, squash, sweet potatoes, liver, eggs, whole milk, cream, and cheese
B1	<ul style="list-style-type: none"> ● Helps your body use carbohydrates for energy ● Good for your nervous system 	Yeasts, ham and other types of pork, liver, peanuts, whole-grain and fortified cereals and breads, and milk
B2	<ul style="list-style-type: none"> ● Helps your body use proteins, carbohydrates, and fats ● Helps keep your skin healthy 	Liver, eggs, cheese, milk, leafy green vegetables, peas, navy beans, lima beans, and whole-grain breads
B3	<ul style="list-style-type: none"> ● Helps your body use proteins, carbohydrates, and fats ● Good for your nervous system and skin 	Liver, yeast, bran, peanuts, lean red meats, fish, and poultry
B5	<ul style="list-style-type: none"> ● Helps your body use carbohydrates and fats ● Helps your body make red blood cells 	Beef, chicken, lobster, milk, eggs, peanuts, peas, beans, lentils, broccoli, yeast, and whole grains
B6	<ul style="list-style-type: none"> ● Helps your body use proteins and fats ● Good for your nervous system ● Helps your blood carry oxygen 	Liver, whole grains, egg yolk, peanuts, bananas, carrots, and yeast
B9 (folic acid or folate)	<ul style="list-style-type: none"> ● Helps your body make and maintain new cells ● Prevents some birth defects 	Green leafy vegetables, liver, yeast, beans, peas, oranges, and fortified cereals and grain products
B12	<ul style="list-style-type: none"> ● Helps your body make red blood cells ● Good for your nervous system 	Milk, eggs, liver, poultry, clams, sardines, flounder, herring, eggs, blue cheese, cereals, nutritional yeast, and foods fortified with vitamin B12, including cereals, soy-based beverages, and veggie burgers
C	<ul style="list-style-type: none"> ● Needed for healthy bones, blood vessels, and skin 	Broccoli, green and red peppers, spinach, Brussels sprouts, oranges, grapefruits, tomatoes, potatoes, papayas, strawberries, and cabbage
D	<ul style="list-style-type: none"> ● Needed for healthy bones 	Fish liver oil, milk and cereals fortified with vitamin D (your body may make enough vitamin D if you are exposed to sunlight for about 5 to 30 minutes at least twice a week)
E	<ul style="list-style-type: none"> ● Helps prevent cell damage ● Helps blood flow ● Helps repair body tissues 	Wheat germ oil, fortified cereals, egg yolk, beef liver, fish, milk, vegetable oils, nuts, fruits, peas, beans, broccoli, and spinach

H (biotin)	<ul style="list-style-type: none">● Helps your body use carbohydrates and fats● Needed for growth of many cells	Liver, egg yolk, soy flour, cereals, yeast, peas, beans, tomatoes, nuts, green leafy vegetables, and milk
K	<ul style="list-style-type: none">● Helps in blood clotting● Helps form bones	Alfalfa, spinach, cabbage, cheese, broccoli, Brussels sprouts, kale, tomatoes, plant oils (your body usually makes all the vitamin K you need)