EATING YOUR VITAMINS

To get your nutrients from food, start with these dietary sources of the 13 vitamins:

**Vitamin A** (carotenoids): Carrots, cantaloupe, sweet potatoes, apricots, spinach, milk, eggs

**Vitamin C**: Citrus fruits and juices, red & green peppers, kiwi, broccoli, strawberries, tomatoes, sweet & white potatoes, cantaloupe

**Vitamin D**: Salmon, tuna, mackerel, oysters, egg yolks; vitamin D fortified milk, orange juice and breakfast cereals

**Vitamin E**: Vegetable oils, nuts, seeds, wheat germ

**Vitamin K**: Spinach, kale, collards, Swiss chard, broccoli, romaine lettuce

**Vitamin B1** (thiamin): Enriched bread, cereal, pasta, whole grains, lean meats, fish, beans, soy beans

**Vitamin B2** (riboflavin): Lean meats, eggs, legumes, nuts, green leafy vegetables, dairy products, enriched bread

**Vitamin B3** (niacin): Dairy products, poultry, fish, lean meat, nuts, eggs, fortified bread and cereal

**Pantothenic acid**: Eggs, fish, milk, milk products, whole grain cereal, beans

**Biotin**: Eggs, fish, milk, milk products, whole grain cereal, beans

**Vitamin B6**: Beans, nuts, eggs, meat, poultry, fish, fortified bread and cereal

**Vitamin B12**: Meat, eggs, poultry, fish, shellfish, milk, milk products, fortified breakfast cereal

**Folate** (folic acid): Green leafy vegetables, enriched bread, fortified breakfast cereal