

Vitamin A

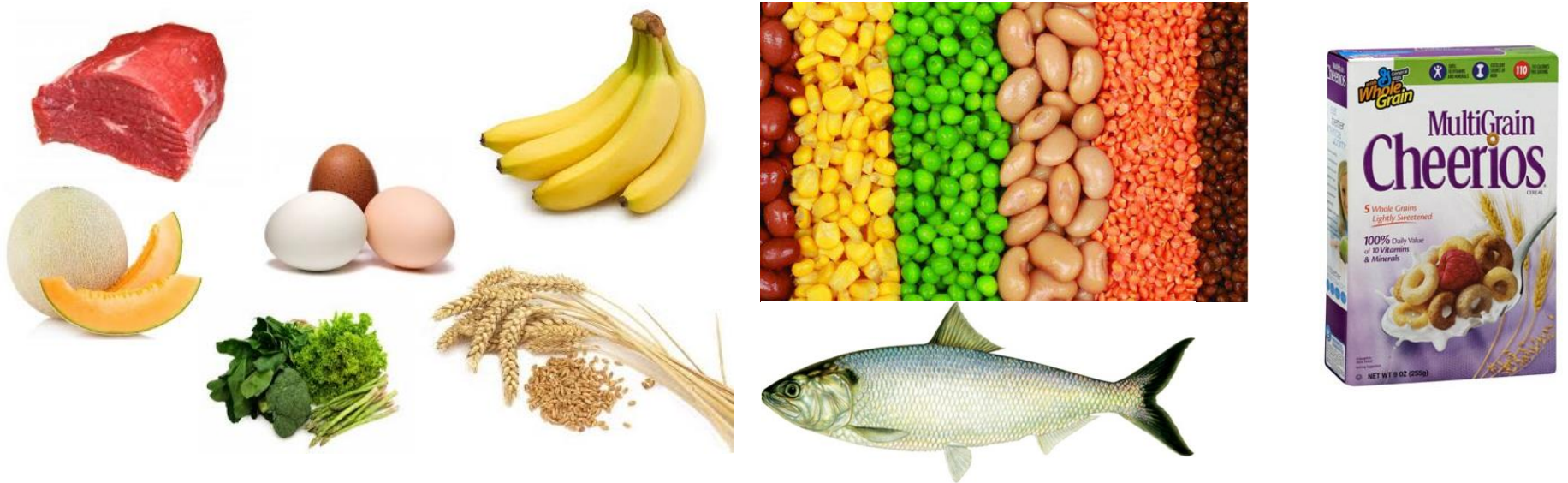
- ✓ Animal sources such as eggs, meat and dairy products
- ✓ Green leafy vegetables and intensely colored fruits and vegetables



Examples: liver, squash, sweet potato, salmon, cantaloupe, broccoli, spinach, carrots, eggs, dairy products

Vitamin B

- ✓ There are eight different B vitamins
- ✓ Meat, dairy products, leafy greens, legumes, cereals and breads that are fortified with B vitamins



Examples: turkey breast, yellowfin tuna, salmon, chickpeas, beans, yogurt, cottage cheese, milk, canned tuna, spinach, fortified cereal and breads

Vitamin C

✓ Fruits and vegetables



Citrus Fruits



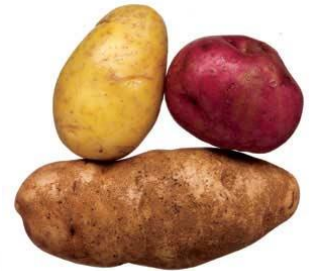
Strawberries



Kiwi



Papaya



Guava



Watermelon



Mangos



Tomatoes



Examples: Citrus fruits, oranges, grapefruit, green and red peppers, mango, berries, mangos, tomatoes, Brussels sprouts, broccoli, potatoes, cauliflower, leafy greens

Vitamin D

- ✓ Sunlight
- ✓ Fish, fortified dairy products, fortified grains, fortified juice



Examples: Salmon, canned tuna, swordfish, eggs, fortified milk, fortified orange juice, fortified cereal

Vitamin E

- ✓ Foods that contain fat
- ✓ Nuts, seeds, oils, dark leafy greens, fish



Examples: sunflower seeds, almonds, peanuts, hazelnuts, vegetable oils, olives, avocado, spinach, peppers

Vitamin K

- ✓ Plant foods
- ✓ Greens



Examples: collard greens, kale, turnip greens, spinach, soybeans, edamame, carrots, blueberries, avocado, pumpkin