

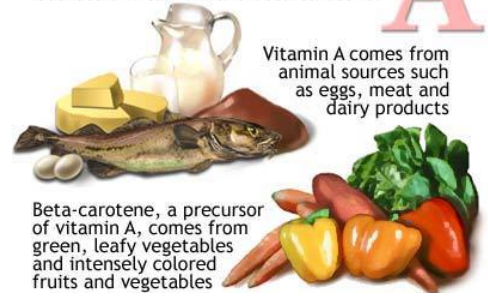
The ABC's of Vitamins

Vitamins are nutrients that are essential for the body to function properly and to keep us healthy and free from disease.

- **Eat Natural Foods:** It's possible to get your daily quota from your plate instead of the drugstore shelf.
- **Avoid Processed Foods:** Eat foods as close to their natural form as possible. Processed foods have the nutrients stripped out of them in the processing.
- **Eat a Variety:** Various plants, animals, and grains contain the different vitamins we need each day.
- **Eat Plenty of Whole Grains:** Examples include oatmeal, whole wheat bread, brown rice, etc.
- **Fruits and Vegetables:** Focus on getting all the colors – red, green, yellow/orange, white, and blue/purple. Fresh fruits and vegetables are loaded with almost all 13 vitamins.
- **Consume Plenty of Low-Fat Dairy:** These are excellent sources of the B-Vitamins. Choose low-fat milk, cheese, yogurts, etc.
- **Eat Beans, Legumes, and Seeds:** They are an excellent source of Vitamin B-9 – a cancer protecting agent.

Vitamin A

Sources of vitamin A and beta-carotene:



Vitamin B₁₂

Food sources of vitamin B₁₂:



Vitamin C

Citrus fruits, green peppers, strawberries, tomatoes, broccoli and sweet and white potatoes are all excellent food sources of vitamin C (ascorbic acid)



Vitamin K

Food sources of vitamin K include cabbage, cauliflower, spinach and other green, leafy vegetables, as well as cereals

