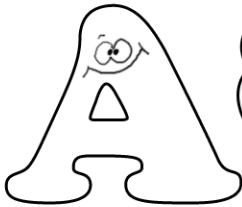
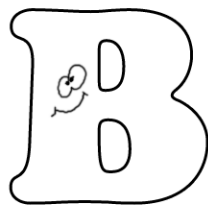


ABC'S OF VITAMINS



I'm important for growth,
healthy skin & hair and
I help you see better at
night!

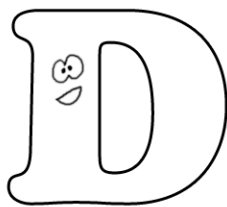


We help with cell repair,
digestion, making energy and
we help your immune system!

B1: Thiamin, B2: riboflavin, B3: nicotinic acid, B6: pyridoxine, B12: cobalamin, folate: folic acid



I help you grow and I help repair
wounds. I also help your immune
system. I can help regulate
your blood pressure and help you
absorb iron.



You need me for healthy
bones and teeth!

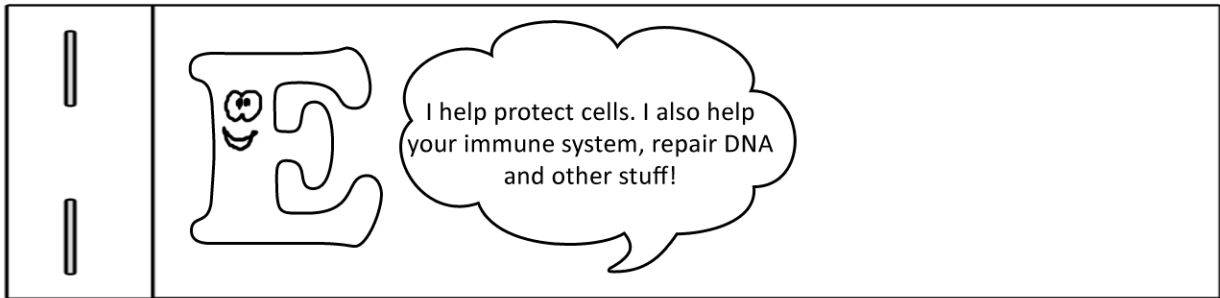
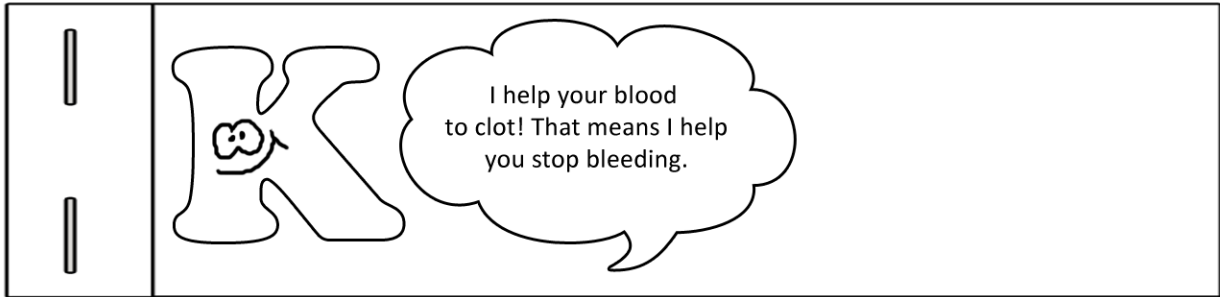
Cut out the booklet pages and then staple together. Color the "vitamins" and then write in or draw some of the following sources onto the appropriate booklet pages:

Vitamin A sources: organ meats, carrots, sweet potato, milk

Vitamin B sources: meat, poultry, yeast extracts, asparagus, broccoli, spinach, potatoes, bananas, dried apricots, milk, eggs, cheese, nuts, fish, brown rice, whole grain cereals

Vitamin C sources: fresh fruits and vegetables

Vitamin D sources: the sun on your skin, oily fish, cod liver oil, dairy products



Cut out the booklet pages and then staple together. Color the "vitamins" and then write in or draw some of the following sources onto the appropriate booklet pages:

Vitamin K sources: green leafy vegetables, olive oil, mayonnaise, intestinal bacteria

Vitamin E sources: vegetable oils, green leafy vegetables, spinach, kiwi fruit, peanuts, wheat germ oil, almonds