ABC'S OF VITAMINS

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

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

C
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.

D
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
I help your blood to clot! That means I help you stop bleeding.

I help protect cells. I also help your immune system, repair DNA and other stuff!

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