

Do you know your ABC's?

Our bodies need all kinds of nutrients, like vitamins, to work right. Nutrients come from the foods we eat. This makes the type and amount of food important so we get all our nutrients!

Vitamin C: is an antioxidant that supports our **immune system**. We can get this vitamin from oranges, strawberries, broccoli.

Vitamin D: is good for bones and teeth. We can get this vitamin from milk, some seafood, and sunlight.

Vitamin B9 (Folate): helps us grow. We can get this vitamin from green vegetables, beans, seeds, and cereal.

Vitamin K: helps keep our blood and bones healthy. We can get this vitamin from lettuce, spinach, and cauliflower.
Vitamin B6: this helps make **red blood cells**. We can get this vitamin from meat, beans, fruit, and grains.

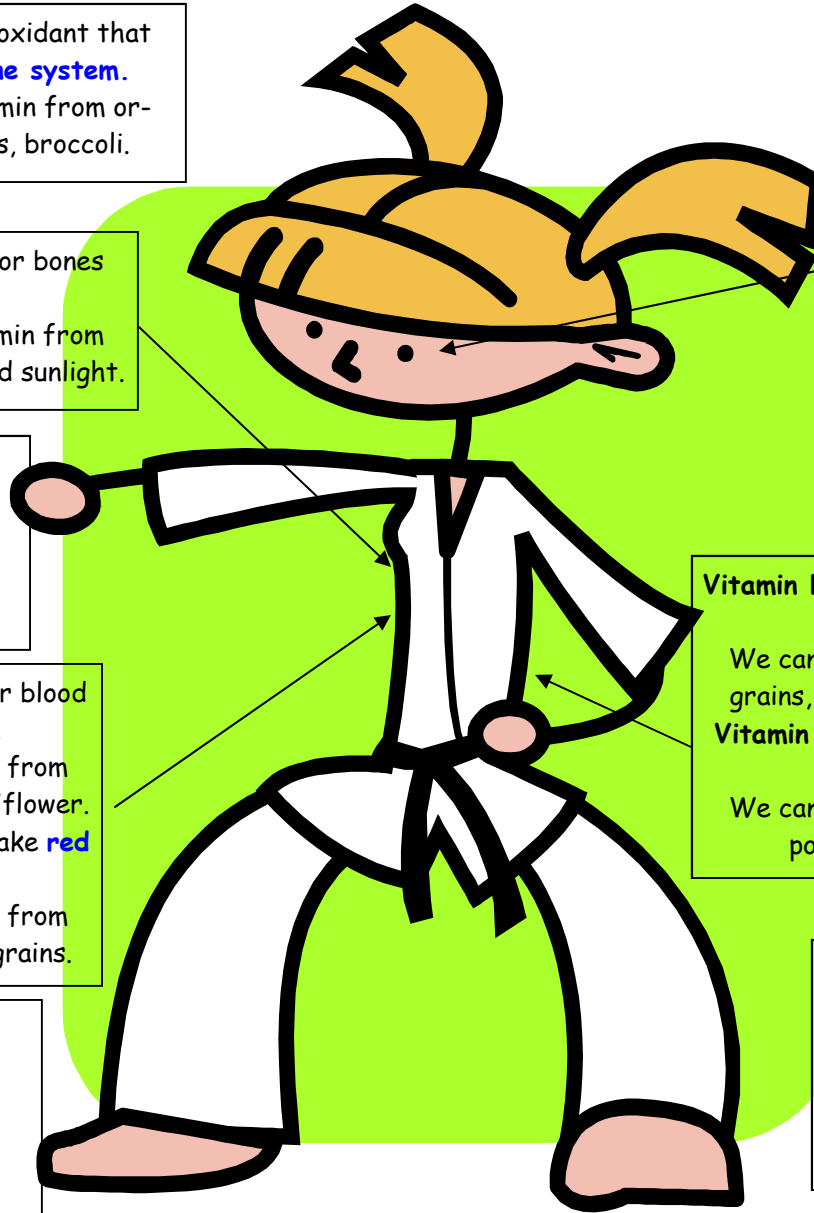
Vitamin E: Is an **anti-oxidant**. We can get this vitamin from some oils, **wheat germ**, and some seeds and nuts.

Vitamin A: is good for vision. We can get this vitamin from milk, carrots, apricots, and spinach.

Vitamin B2 (Riboflavin): is good for eye sight and skin health. We can get this vitamin from milk, yogurt, and grains.

Vitamin B1 (Thiamin): is important for our **nervous system**. We can get this vitamin from whole grains, beans, seeds, and potatoes.
Vitamin B12: helps us grow and helps the nervous system. We can get this vitamin from meat, poultry, eggs, and cheese.

Vitamin B3 (Niacin): helps our bodies make the energy it needs. We can get this vitamin from meat, poultry, nuts, and grains.



Glossary

Immune System: System of tissue and organs that help the body defend against sickness and disease.

Nervous System: System of tissue and organs that control the bodies movements and feelings.

Red blood cells: The part of our blood that carries oxygen to our tissues.

Anti-oxidant: Compounds that help fight against infection and some cancers

Wheat germ: The part of whole grain bread that contains the nutrients

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