



Vitamins

in fruits and vegetables

egg



**Green
vegetables**

carrots

**Vitami
n A**

YOLK

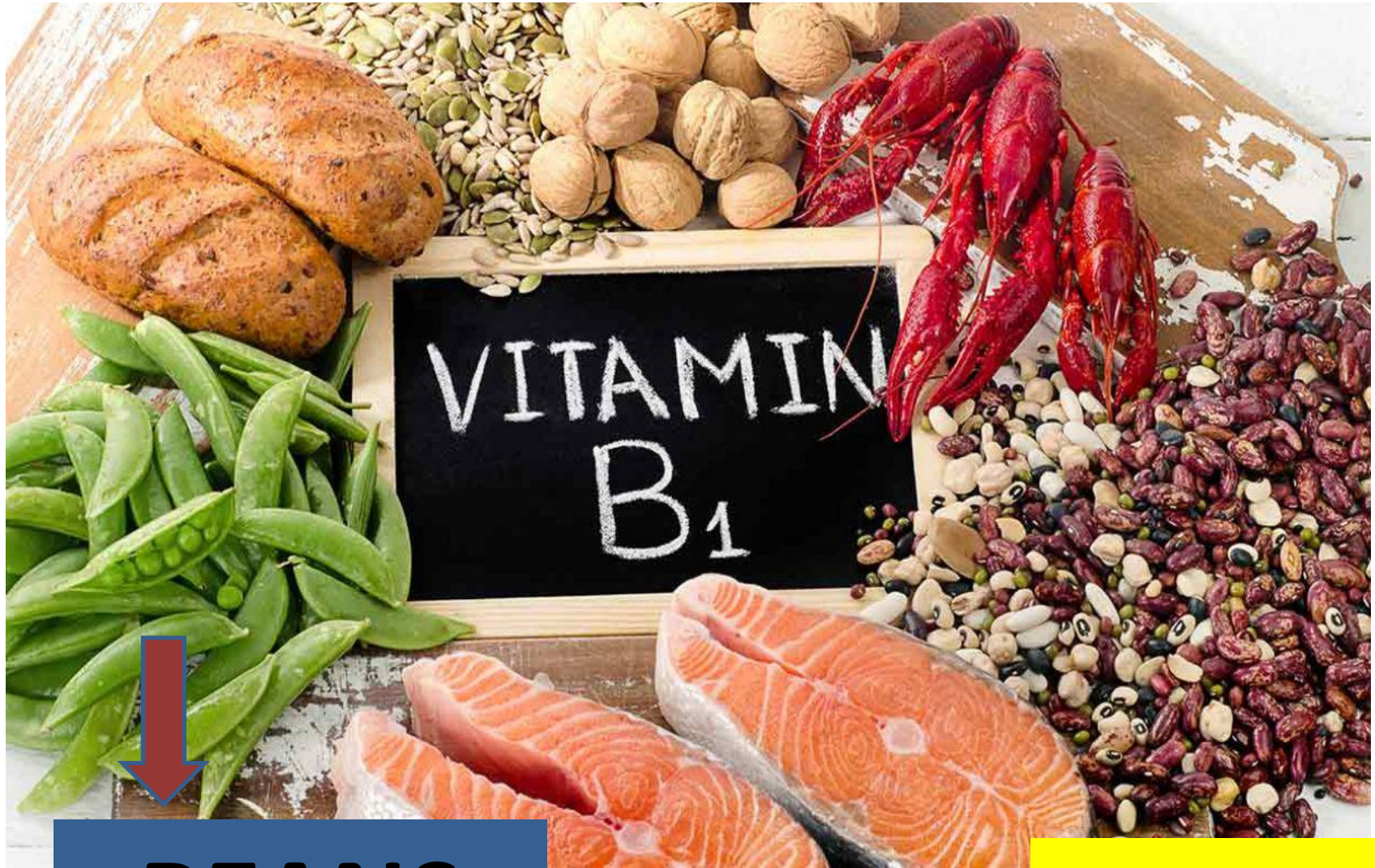


LIVER



MILK





BEANS

MEAT

Vitamin B1



Rice



pineapple



apricots

Vitamin B2



YOGURT



FRUIT

VEGETABLE



MADE IN SKIN BY SUNLIGHT





TOMATOES ARE A GOOD SOURCE OF VITAMIN K



VITAMIN B IS FOUND IN MEAT AND GREEN VEGETABLES



TOMATOES ARE A GOOD SOURCE OF VITAMIN K

**VITAMIN B IS FOUND IN MEAT AND GREEN
VEGETABLES**



GREEN TEA

TOMATOES

