

Vitamin FOOD



Egg yolk



meat



rice



A large collection of various beans, including white, red, black, and speckled varieties, arranged in a pattern. The beans are densely packed and fill the entire frame. A green rounded rectangle with a black border is overlaid in the top-left corner, containing the word "beans" in a bold, black, sans-serif font.

beans

A vibrant collage of various fruits including oranges, lemons, kiwis, apples, grapes, and pineapples. The fruits are arranged in a dense, overlapping pattern, showcasing a wide variety of colors and textures. A green rounded rectangle with a black border is positioned in the upper left corner, containing the word "fruits" in a bold, black, sans-serif font.

fruits

vegetables



milk



liver



carrots





tomatoes

apricots



Pineapples



fish



Green tea



A close-up photograph of a large quantity of fresh green peas. The peas are vibrant green and appear to be in their pods. One pea in its pod is positioned vertically in the center of the frame, standing out from the rest of the pile. The background is a dense field of similar peas, creating a textured, repetitive pattern of green. In the upper left corner, there is a dark green rounded rectangle with a black border containing the word "peas" in a bold, black, sans-serif font.

peas

sunlight



Egg yolk

Egg yolk is a good source of
vitamin (A, B1, B2, D, K)



meat

Meat is a good source of
vitamin (B1, B2)



rice

Rice is a good source of
vitamin (B1)



beans

Beans are a good source of
vitamin (B1, B2)



fruits

Fruits are a good source of
vitamin (C,D)



vegetables

vegetables are a good source of
vitamin (C, A, B1, B2, K)



A photograph of a farm scene. In the foreground, a glass of milk is partially visible. In the background, a white cow stands in a grassy field, with a white fence and a white building with a dark roof behind it. The sky is overcast.

milk

Milk is a good source of
vitamin (C, A, B1, B2, K)

A photograph of a piece of fresh, dark red liver, likely from a chicken or turkey, resting on a white plate. The liver has a glossy, moist appearance. The background is a plain, light-colored surface.

liver

Liver is a good source of
vitamin (A)



carrots

Carrots are a good source of
vitamin (A)



tomatoes

Tomatoes are a good source of
vitamin (A)

A collection of fresh apricots and green leaves is scattered across a rustic wooden surface. Some apricots are whole, while others are sliced in half, revealing their orange flesh and pits. The leaves are vibrant green and have a smooth texture. The wooden background has a natural grain and some weathering.

apricots

Apricots are a good source of
vitamin (B1)

Pineapples

A whole pineapple with its green crown and a slice of pineapple.

Pineapples are a good source of
vitamin (B1)

A slice of pineapple.

A top-down view of a fish on a wooden cutting board. The fish is silver with a dark tail. To its right is a small black bowl filled with green olives. A sliced red tomato and some fresh green herbs, including basil and rosemary, are scattered around the board. The background is a rustic wooden surface.

fish

Fish is a good source of
vitamin (D)



Green tea

A clear glass cup filled with a golden-yellow liquid, likely green tea, sits on a light-colored wooden surface. The background is dark and out of focus.

Green tea is a good source of
vitamin (K)

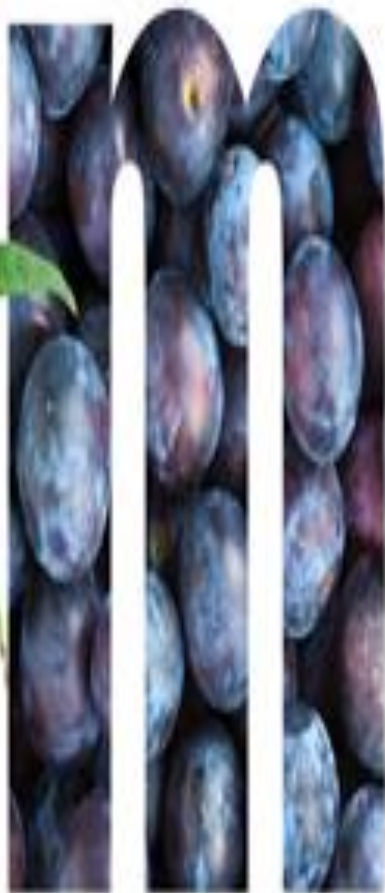
A wooden spoon filled with dark green, rolled tea leaves (likely matcha or a similar variety) rests on a burlap surface. Some tea leaves are scattered around the spoon. In the background, a glass bowl and a single green tea leaf are visible.

The background of the entire image is a dense field of bright green peas. In the center, a single pea pod is shown vertically, partially open to reveal the peas inside. The lighting is bright and even, highlighting the texture and color of the peas.

peas

Peas are a good source of
vitamin (K)

FRUITS





Vitamin A is found in egg yolk,
milk , liver, carrots, green
vegetables.





Vitamin B1 is found in egg yolk, rice , meat, pineapples, green vegetables , apricots, beans .

B¹

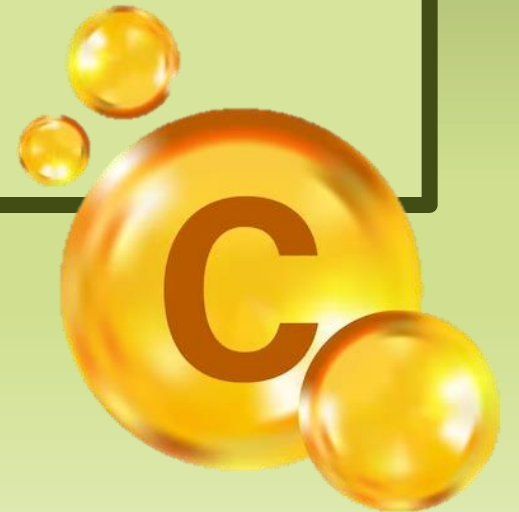


Vitamin B1 is found in egg yolk, cheese , meat, green vegetables , yogurt, beans .





Vitamin C is found in fruit,
green vegetables.





Vitamin D is found in egg yolk,
fish.





Vitamin K is found in egg yolk,
peas ,green tea ,tomatoes ,
green vegetables.

