

# Vitamin FOOD



**A**  
group

**B**  
group

**C**  
group

**D**  
group

**K**  
group

**E**  
group

**Egg yolk**



meat



**rice**



A close-up photograph of a large pile of various beans. The beans are arranged in distinct sections by color and variety. On the left, there are white beans. In the center, there are red kidney beans. To the right of the red beans is a large section of black beans. Further right is a section of speckled beans with brown and white mottled patterns. At the top, there are white beans with black spots, likely navy beans. The overall composition is a dense, colorful array of legumes.

**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.

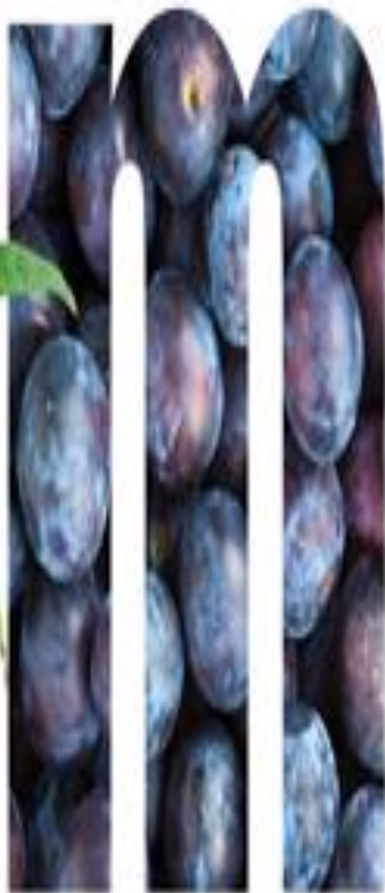
**peas**



**sunlight**



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 .

B<sup>1</sup>

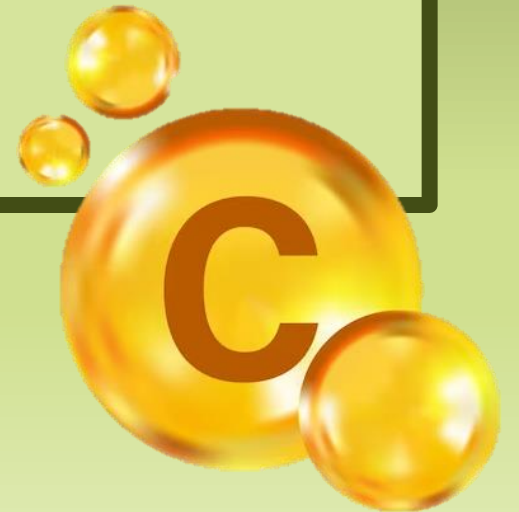


Vitamin B1 is found in egg yolk, cheese , meat, green vegetables , yogurt, beans .





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.

