

Vitamin FOOD



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. From left to right, there are white beans, red kidney beans, black beans, and speckled beans. A green rounded rectangular label with a black border is positioned in the upper left corner, containing the word "beans" in a bold, black, lowercase 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



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

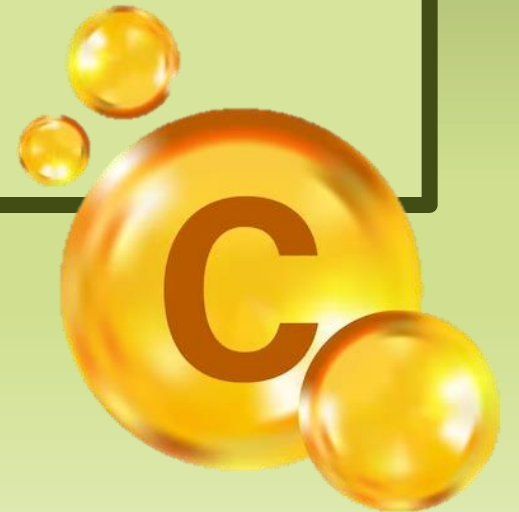


Vitamin B2 is found in egg yolk, cheese , meat, green vegetables , yogurt, beans .





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.

