

You Are What You Eat?

Vitamins Functions and Deficiency Effects

A



egg yolk



carrots



milk



green vegetables



liver

✓ Vitamin A keeps the eyes healthy.

✗ Lack of vitamin A can lead to eye problems.



B1



pineapples



meat/liver



apricots



beans



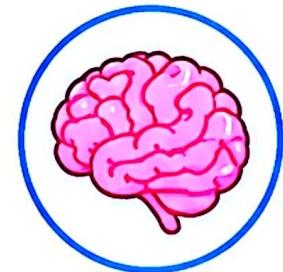
egg yolk



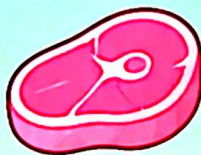
green vegetables

✓ Vitamin B1 keeps your energy levels up and supports a healthy nervous system.

✗ Lack of vitamin B1 can lead to diseases such as anemia. You may feel tired or weak.



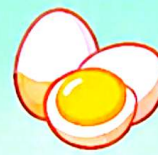
B2



meat



beans



egg yolk



green vegetables

✓ Vitamin B2 keeps the skin healthy.

✗ Lack of vitamin B2 can lead to symptoms like sore throat or cracks on the skin, especially around the mouth.

