



C



vegetables



fruit

✓ Vitamin C keeps the skin, gums and blood vessels healthy.

✗ Lack of vitamin C can lead to skin problems. Your gums may start bleeding and you easily get bruises.



D



fish



fat



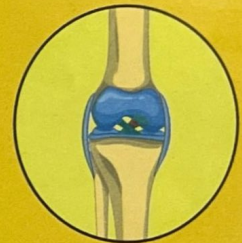
egg yolk



also made in the skin by sunlight

✓ Vitamin D helps your body use calcium to make your bones and teeth strong.

✗ Lack of vitamin D can lead to bone problems.



K



green tea

tomatoes



green vegetables

peas



egg yolk



✓ Vitamin K helps your body stop bleeding when you get a cut.

✗ Lack of vitamin K can lead to blood problems.

