

Sources of minerals and vitamins

This table lists some different vitamins and their importance in the body.

A



egg yolk



milk



liver



carrots



green vegetables

keeps eyes healthy

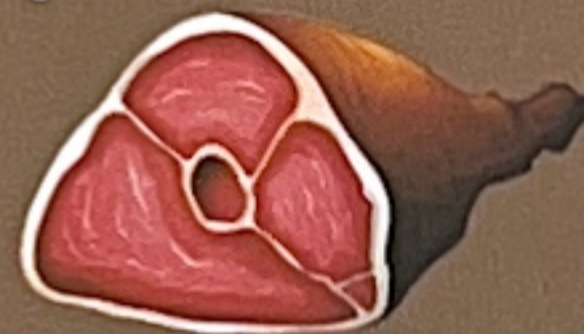
B1



pineapples



rice



meat



green vegetables



egg yolk



apricots



beans

keeps nerves healthy

B2



meat



beans



egg yolk



green vegetables

keeps the skin healthy

C



vegetables



fruit

keeps the skin,
gums and blood
vessels healthy

D



fish



fat



egg yolk



also made in the
skin by sunlight

helps the
bones to grow
properly

K



peas



green tea



tomato



egg yolk



green
vegetables

needed for
blood clotting