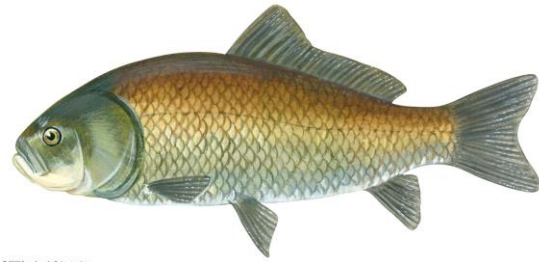


Hello





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Carrot

[www.herbazest.com](http://www.herbazest.com)

- **Sources of vitamin A:**

egg yolk, milk, liver, carrots, green vegetables



Carrot

[www.herbazest.com](http://www.herbazest.com)



- **Sources of vitamin B1:**

pineapples, rice, meat, green vegetables, egg yolk, apricots, beans



- **Sources of vitamin B2:**

meat, beans, egg yolk, green vegetables, yogurt, cheese



- **Sources of vitamin C:**

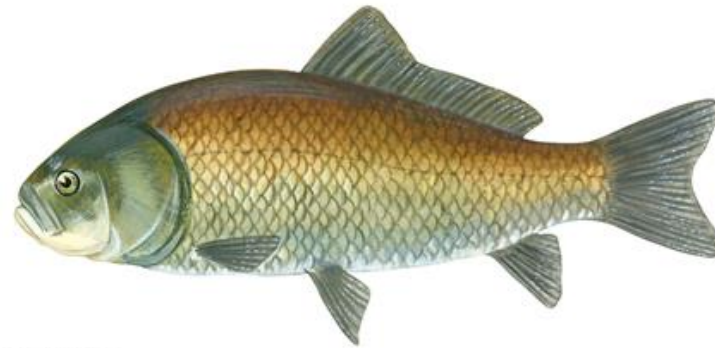
vegetables, fruit





- **Sources of vitamin D:**

fish, egg yolk, also made in skin by sunlight



- **Sources of vitamin K:**

Peas, green tea, tomatoes, egg yolk, green vegetables





Sources of vitamin A: Peas, green tea, tomatoes, egg yolk, green vegetables

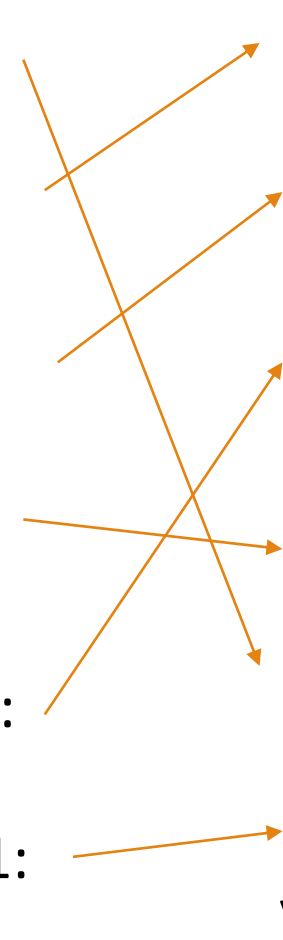
Sources of vitamin K: fish, egg yolk, also made in skin by sunlight

Sources of vitamin D: meat, beans, egg yolk, green vegetables, yogurt, cheese

Sources of vitamin C: vegetables, fruit

Sources of vitamin B2: egg yolk, milk, liver, carrots, green vegetables

Sources of vitamin B1: pineapples, rice, meat, green vegetables, egg yolk, apricots, beans

A diagram showing six sources of vitamins on the left and their corresponding sources on the right. Orange arrows connect each source to its list of food items. The connections are: Vitamin A to Peas, green tea, tomatoes, egg yolk, green vegetables; Vitamin K to fish, egg yolk, also made in skin by sunlight; Vitamin D to meat, beans, egg yolk, green vegetables, yogurt, cheese; Vitamin C to vegetables, fruit; Vitamin B2 to egg yolk, milk, liver, carrots, green vegetables; and Vitamin B1 to pineapples, rice, meat, green vegetables, egg yolk, apricots, beans.