



VITAMINS
& *their*
FOOD
SOURCES

Vitamin A

cantaloupe
carrots
eggs
fish
leafy greens
liver
milk
peppers
squash

Vitamin D

eggs
fish
liver

Vitamin E

asparagus
cucumber
kale
nuts
seeds
spinach
whole grains

Vitamin B Complex

avocado	leafy greens
beef	liver
bananas	nuts
broccoli	oranges
cabbage	pineapple
cantaloupe	potatoes
carrots	poultry
cauliflower	seeds
eggs	strawberries
fish	tomatoes
kefir	yogurt

Vitamin C

broccoli
cantaloupe
grapefruit
kiwifruit
leafy greens
lemons
limes
oranges
papayas
peppers
strawberries

Vitamin K

alfalfa
dairy
eggs
fish
kale
kelp
liver
spinach