**VITAMIN CHART**

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| **VITAMIN** | **Good for...** | **You get it from...** |
| A | -**skin** and **eyes** | -**orange** fruit and vegetables,  -**dark** green vegetables  -**eggs** and **milk** |
| B | -**energy**  -**muscles** | -**bread**  -**fish**  -**meat**  -**eggs**  -**beans C:\Users\Nina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\P06GJPH0\beans-red-vb[1].gif** |
| C | -**skin**  -fights **infections** | -**fruit** (orange, grapefruit, tomatoes, potatoes)  -**vegetables** (cabbage, broccoli)  **C:\Users\Nina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\BRQ6IP8Q\clipart0265[1].jpg C:\Users\Nina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\P06GJPH0\lebensmittel-mit-kalzium-brokkoli-essen-vitamin-D-lebensmittel[1].jpg** |
| D | -**teeth**  -**bones** | -**sunshine C:\Users\Nina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KYAECW94\5-Free-Summer-Clipart-Illustration-Of-A-Happy-Smiling-Sun[1].png**  -**fish** and **eggs** |
| E | -**lungs** and **liver** | -**bread**  -**green** vegetables  -**eggs**  -**nutsC:\Users\Nina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\P06GJPH0\mixed_nuts[1].jpg**  -oily **fish** (sardines and salmon)  C:\Users\Nina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\P06GJPH0\beste-haarpflege-haarpflege-tipps-gesundes-haar[1].jpg |