**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 |