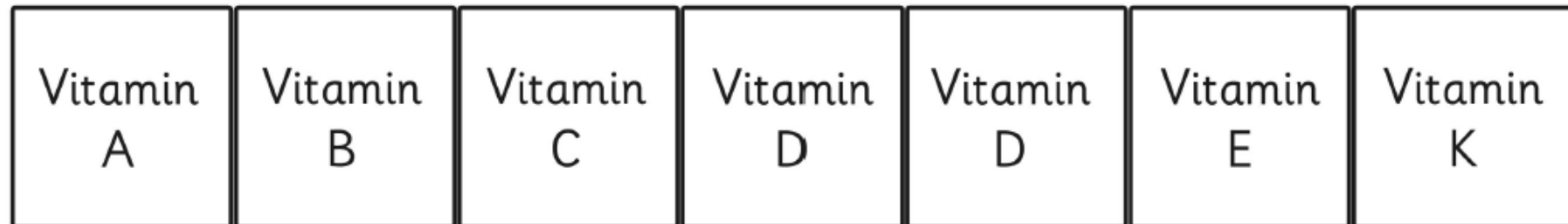
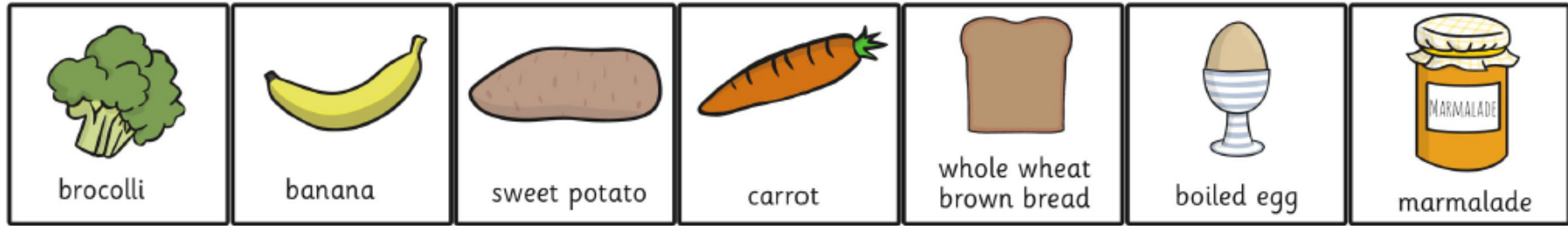


Which foods contain which vitamin?

Tip- some of these foods may contain one or more vitamins.



Vitamins

Different vitamins help our bodies in different ways and different foods can contain a variety of different vitamins.

Vitamin A

This vitamin is important when it comes to eyesight. Vitamin A helps you see in colour and helps your body fight infections by boosting your immune system. Foods such as liver, carrots, sweet potatoes (orange fruits and vegetables) and leafy dark green vegetables like spinach, are also full of vitamin A.

The B Vitamins

There's actually more than one B vitamin and here are just a few: B1, B2, B6 and B12. These vitamins help make energy for your body to use when you need it. This group also makes red blood cells which carry oxygen through the body.

Vitamin B is found in wheat, fish and other seafood, meat, eggs, milk, yoghurt, beans, peas and leafy green vegetables.

Vitamin C

This vitamin helps your body to heal if you have been hurt. It also helps to fight infections which is why people who are ill are often given fruit.

Citrus fruits, strawberries, kiwi fruit, red pepper, tomatoes, cabbage and broccoli all contain this vitamin.

Vitamin D

Vitamin D is essential for strong bones and teeth because it helps your body absorb the calcium that it needs. This vitamin is made in the skin when exposed to sunlight. You can take in this vitamin by eating foods such as liver, fish and egg yolk.

Vitamin E

Vitamin E helps protect your cells and tissues from damage. Foods such as wheat, leafy green vegetables, oils, egg yolk, nuts and seeds contain this essential vitamin.

Vitamin K

This helps wounds to clot quickly so that you don't carry on bleeding when you've hurt yourself. Foods such as leafy green vegetables, milk, yoghurt and broccoli contain vitamin K.

