

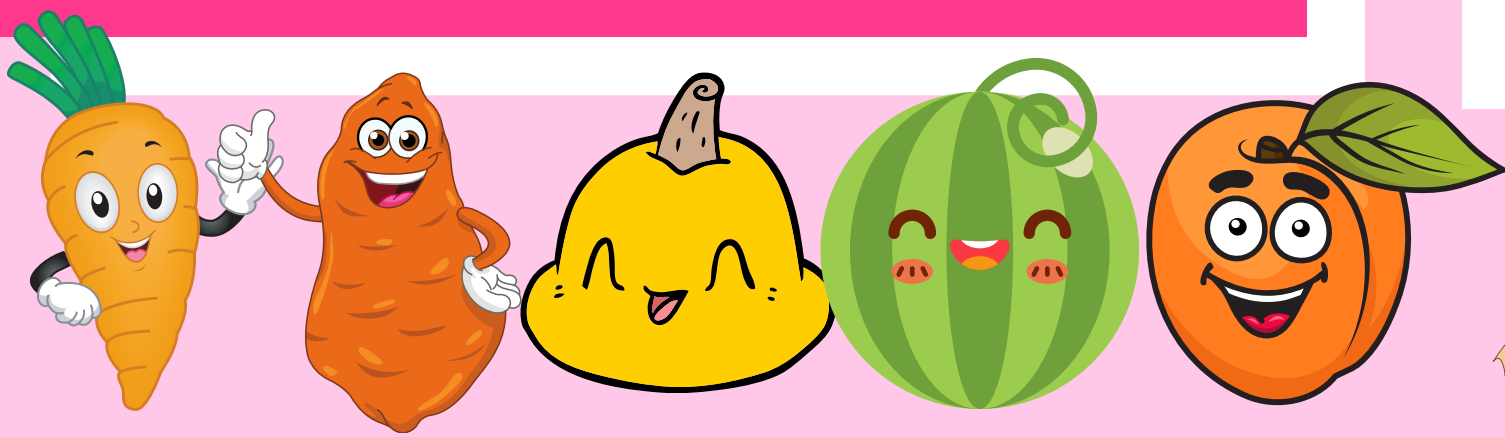


# VITAMINS IN FRUIT AND VEGETABLES



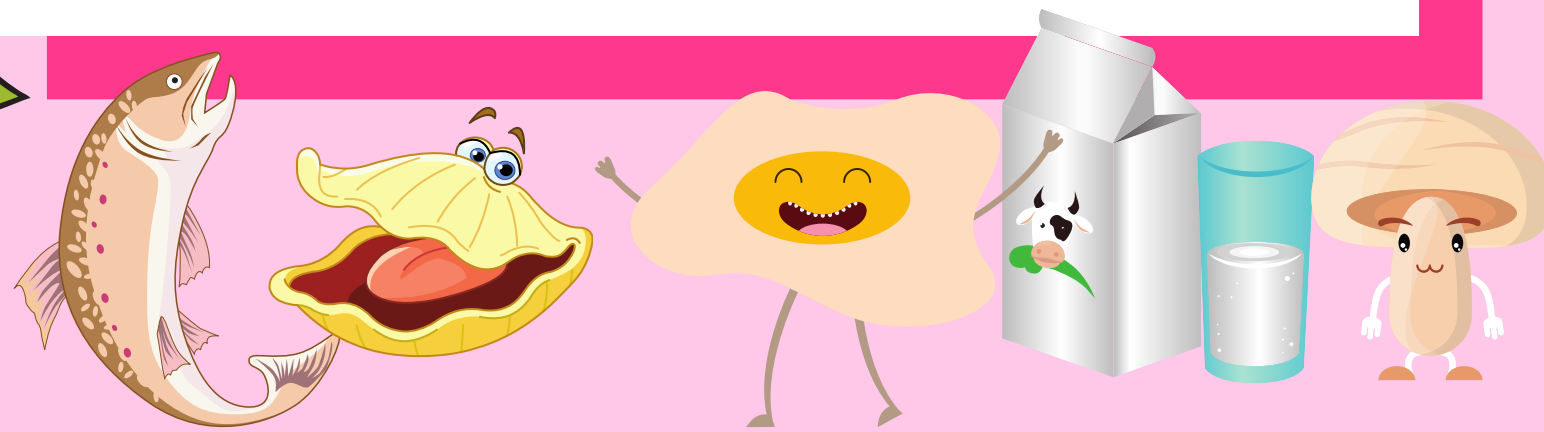
**A**

carrots  
sweet potatoes  
winter squash  
cantaloupe  
apricots  
spinach, kale, and collard greens



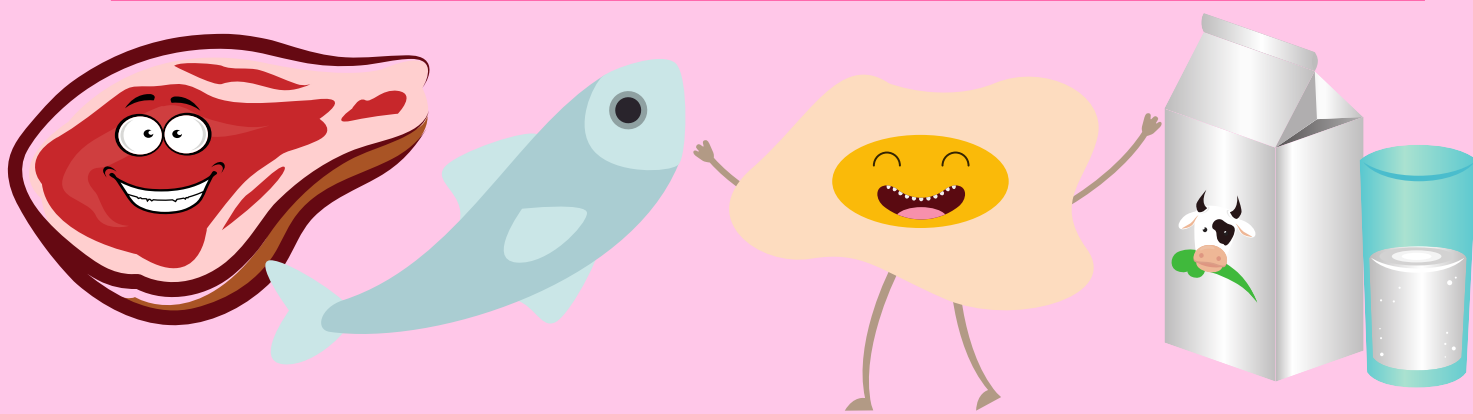
**D**

some seafood  
(salmon, herring,  
catfish, trout, and oysters)  
milk  
eggs  
shiitake mushrooms



**B**

meat, poultry, and fish  
seafood, including  
mussels and oysters  
eggs  
milk



**E**

sunflower seeds  
almonds  
spinach, Swiss chard,  
and turnip greens  
bell peppers  
asparagus



**K**

greens  
romaine lettuce  
parsley  
Brussels sprouts  
broccoli  
asparagus



**C**

papaya  
citrus fruits  
strawberries  
bell peppers  
broccoli  
Brussels sprouts  
dark leafy greens



Feed your family