

**Where?** Pork, liver, kidney. Dried peas and beans. Whole grain and enriched breads and cereals.

#### RIBOFLAVIN (VITAMIN B2)

**Why?** Helps to oxidize foods. Promotes healthy eyes and skin, especially around mouth and eyes. Prevents pellagra.

**Where?** Meat, especially liver and kidney, as well as milk, cheese, eggs. Dark green leafy vegetables. Enriched bread and cereal products. Almonds, dried peas and beans.

#### VITAMIN B6

**Why?** Helps protein in building body tissues. Needed for healthy nerves, skin and digestion. Also helps body to use fats and carbohydrates for energy.

**Where?** Milk, wheat germ, whole grain and fortified cereals. Liver and kidney, pork and beef.

#### VITAMIN B12

**Why?** Aids body in formation of red blood cells, as well as in regular work of all body cells.

**Where?** Lean meats, milk, eggs, fish, cheese, as well as liver and kidney.

#### FOLIC ACID

**Why?** Aids in healthy blood system, as well as intestinal tract. Helps to prevent anemia.

**Where?** Green leaves of vegetables and herbs, as well as liver and milk. Wheat germ and soybeans.

#### PANTOTHENIC ACID

**Why?** Aids in proper function of digestive system.

**Where?** Liver, kidney and eggs. Peanuts and molasses. Broccoli and other vegetables.

#### VITAMIN C (ASCORBIC ACID)

**Why?** Promotes proper bone and tooth formation. Helps body utilize iron and resist infection. Strengthens blood vessels. Lack of it causes bones to heal