

slowly, failure of wounds to heal and fragile vessels to bleed easily.

Where? Citrus fruits, cantaloupe and strawberries. Broccoli, kale, green peppers, raw cabbage, sweet potatoes, cauliflower, tomatoes.

VITAMIN D

Why? Builds strong bones and teeth by aiding utilization of calcium and phosphorus.

Where? Fortified milk, fish liver oils, as well as salmon, tuna and sardines. Also eggs.

VITAMIN E

Why? Needed in maintaining red blood cells.

Where? Whole grain cereals, wheat germ, and beans and peas, lettuce and eggs.

IRON

Why? Used with protein for hemoglobin production. Forms nucleus of each cell, and helps them to use oxygen.

Where? Kidney and liver, as well as shellfish, lean meats, and eggs. Deep yellow and dark green leafy vegetables. Dried peas, beans, fruits. Potatoes, whole grain cereals and bread. Enriched flour and bread. Dark molasses.

CALCIUM

Why? Builds and renews bones, teeth, other tissues, as well as aiding in the proper function of muscles, nerves and heart. Controls normal blood clotting. With protein, aids in oxidation of foods.

Where? Milk and milk products, excluding butter. Dark green vegetables, oysters, clams and sardines.

NIACIN

Why? Helps body to oxidize food. Aids in digestion, and helps to keep nervous system and skin healthy.

Where? Peanuts, liver, tuna, as well as fish, poultry and lean meats. Enriched breads, cereals and peas.