

	HEALTH POWER BY CHOICE <u>NOT</u> CHANCE
	Some Sources of Selected Nutrients
<u>Nutrient</u>	<u>Sources</u>
Vitamin A	Dark-green, yellow, and orange vegetables and fruit.
Vitamin B1	Whole-grain products, peas, beans, wheat germ, potatoes, and leafy vegetables.
Vitamin B2 (<i>Thiamine</i>)	Green leafy vegetables, whole-grain products, prunes, and milk (non-fat).
Vitamin B ₃ (<i>Riboflavin</i>)	Whole-grain and enriched breads and cereals, legumes [beans], potatoes, and green vegetables.
Vitamin B12 (<i>Niacin</i>)	Dairy products (non-fat), soya sauce, enriched commercial products, certain cereals, milk substitutes, etc.
Vitamin C	Cantaloupe, lemons, grapefruit, oranges, strawberries, raw cabbage, sweet peppers, tomatoes, and potatoes.
Vitamin D	Direct sunshine and fortified milks.
Vitamin E	Whole grains, leafy vegetables, dairy products, and sunflower seeds.
Iron	Legumes, whole-grain cereals and breads, dried fruits, and green leafy vegetables.
Calcium and Phosphorus	Mustard, kale, turnip tops, cabbage, broccoli, whole-grain products, citrus fruits, and skimmed milk.