FOOD SOURCES OF VITAMINS

	Liver	Poultry	Red Meat	Milk	Cheese	Butter	Margarine	Eggs	Fish	Cereals	Bread	Green Veg	Root Veg	Legumes	Pulses	Nuts	Fruit
Biotin	✓							✓						✓	✓	✓	
Folic Acid	✓							✓				✓					✓
Niacin	✓	✓	✓						✓	✓	✓			✓	✓	✓	
Pantothine	✓								✓	✓	✓						
Pyrioxine	✓	✓	✓					✓	✓	✓	✓						
Riboflavin	✓			✓	✓			✓		✓	✓			✓	✓	✓	✓
Thiamine	✓		✓							✓	✓			✓	✓	✓	
Vitamin A	✓			✓	✓	✓	✓	✓				✓	✓				✓
Vitamin B_{12}	✓		✓	✓	✓			✓	✓								
Vitamin C												✓	✓				✓
Vitamin D				✓		✓	✓	✓	✓								
Vitamin E						✓	✓	✓		✓	✓	✓		✓	✓	✓	
Vitamin K												✓	✓				

Biotin: This vitamin can be found in abundance in cauliflower, mushrooms and peanuts.
Folic Acid: mushrooms and wheat germ are rich sources of this particular vitamin.
Niacin as Nicotinic acid: protein rich foods such as milk and eggs contain tryptophan one of 10 essential amino acids that the body uses to synthesize protein.
Patothenic acid: is a member of the B-complex family of vitamins and is commonly known as Vitamin B_5 . Each food mentioned contributes some of this vitamin.
Pyridoxine: wholemeal cereals fish and poultry (white meat) are excellent sources of food.

Riboflavin: also known as vitamin B_2 Can be found in a large variety of foods.
Thiamiine: wheat germ, bran and brewer's yeast are also excellent sources.
Vitamin A: dark green leafy vegetables such as spinach, orange/yellow type vegetables, carrots, apricots and peaches are especially good sources of vitamin A.
Vitamin B_{12}: is obtainable from animal produts only. Those food sources that are especially good are liver and red meats.
Vitamin C: is found most especially in citrus fruits, tomatoes, broccili, strawberries and melons.

Vitamin D: milk, margarines and fish liver oils are the best sources. Some bread yeasts may also contain vitamin D. However, the skin when exposed to sunlight will also supply the body with this vitamin.
Vitamin E: wholemeal cereals, wheat grem and vegetable oils are good sources.
Vitamin K: is found in small amounts in fruits, seeds, root vegetables, dairy and meat products.

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