

VITAMIN CHEAT SHEET

Use this quick cheat sheet to load up your plate with the veggies and other foods that will ensure you have a well-rounded diet rich in all the vitamins your body needs.

VITAMIN A

- Orange produce, including carrots, squash, sweet potatoes, tomatoes, bell peppers
- Leafy greens
- Dairy, eggs

VITAMIN B1

- Spinach, peas, lettuce
- Eggplant
- Lentils, whole grains, sunflower seeds
- Tuna

VITAMIN B2

- Leafy greens, spinach, mushrooms, asparagus
- Eggs and yogurt
- Whole grains, almonds
- Halibut and salmon

VITAMIN B3

- Mushrooms, asparagus, lima beans
- Whole grains, peanuts, lentils
- Seaweed
- Tuna, halibut, salmon

VITAMIN B5

- Leafy greens, broccoli, cauliflower, mushrooms, avocados, tomatoes, sweet potatoes
- Yogurt, eggs
- Lentils, seeds, split peas, whole grains
- Berries

VITAMIN B6

- Spinach, avocados, potatoes
- Bananas
- Walnuts, hazelnuts, peanuts
- Oats, seeds
- Trout, tuna, salmon

VITAMIN B7

- Leafy greens, cabbage, cucumbers, carrots, tomatoes, avocados, cauliflower, onions
- Berries
- Whole grains, almonds, walnuts
- Salmon, halibut

VITAMIN B9

- Citrus fruits
- Leafy greens, cauliflower, asparagus, beets
- Whole grains, beets

VITAMIN B12

- Salmon, tuna, rockfish, clams, crab
- Beef
- Eggs, yogurt
- Supplements

VITAMIN C

- Citrus fruits, mango, kiwi, strawberries
- Leafy greens
- Broccoli
- Bell peppers
- Potatoes

VITAMIN D

- Sun exposure
- Fortified foods
- Mackerel, salmon, sardines
- Egg yolks

VITAMIN E

- Leafy greens, carrots, avocados, tomatoes
- Apples
- Vegetable oils
- Nuts, seeds
- Whole grains

VITAMIN K

- Leafy greens, parsley, peas
- Vegetable oils
- Lentils
- Kelp

