



Vitamin A – guards against flu and colds, prevents cancer, promotes healthy eyesight.

Find it in: Eggs, spinach, cantaloupe, carrots, cheese, and mangoes

Vitamin B- transforms food to energy and replaces old, worn-out cells with fresh new ones. Guards against heart disease.

Find it in: Avocados, asparagus, leafy greens, peas, whole wheat, and yogurt

Vitamin C- preventing severe colds, a powerful antioxidant
Find it in: Broccoli, cherries, kiwi, oranges, and peppers

Vitamin D- helps the body absorb calcium preventing osteoporosis. Also regulates cell growth, which prevents disease. It can also help cure depression.

Find it in: Eggs, fortified milk, salmon, sardines, and tuna

Vitamin E- defends against heart attack and stroke.

Find it in: Almonds, avocados, sunflower seeds, kiwi, leafy greens, mangoes, tomato puree

Vitamin K- aids wounds in healing faster by enabling blood to clot. Strengthens bones and increases bone density.

Find it in: Cabbage, cauliflower, spinach, lettuce, kale

For more information visit us at www.kanecountyhealth.com/coalition.htm

Or contact Maureen Obuchowski at 630-264-7670