

The image features two slices of avocado, one positioned above the other, both resting on a light-colored, veined marble surface. Each slice is topped with a generous amount of sesame seeds and finely chopped green herbs. The avocado flesh is a vibrant green, and the seeds are a mix of light and dark brown. The overall composition is clean and minimalist, with soft lighting that highlights the textures of the avocado and the marble.

VITAMINS

Your body needs 13 essential vitamins:
A, C, D, E, K and the B vitamins



Fat-soluble vitamins are A, D, E and K vitamins

Stored in the body's fatty tissues



Vitamin A

Plays an important role in bone growth and in the immune system. Keeps tissues and skin healthy.

Resources are eggs, fish, fortified dairy products, carrots, spinach, sweet potatoes



Vitamin D

Builds and maintains strong bones and teeth.
Helps maintain normal blood levels of calcium
and phosphorus.

Resources are fortified milk, margarine, fatty-
fish and it's made by the body when exposed
to the sun



**1 billion
people**

Don't get enough vitamin D

A top-down view of a small white bowl filled with a mix of almonds, hazelnuts, and dark chocolate chips. The bowl is centered on a light-colored, veined marble surface. Scattered around the bowl are more almonds, hazelnuts, and chocolate chips. The text 'Vitamin E' is overlaid in large white font across the bowl.

Vitamin E

Acts as an antioxidant. Protects fatty acids and neutralize unstable molecules.
Maintains muscles and red blood cells.

Resources are vegetable oils, margarine, nuts, seeds and eggs



Vitamin K

Essential to blood clotting. May also prevent hip fractures.

Resources are spinach, broccoli, liver, eggs, green leafy vegetables



Water-soluble vitamins are C and the B-vitamins

Must be replenished regularly because they are removed from the body in your urine



Vitamin C

Supports blood vessel walls and immunity.
Promotes wound healing and iron absorption.

Resources are fruits, juices, peppers, potatoes and
broccoli

Vitamin B1, B2 and B3

Vitamin B1

Helps convert food into energy. Helps maintain normal digestion, appetite and proper nerve function.

Resources are pork, watermelons, legumes and nuts

Vitamin B2

Helps convert food into energy. Aids adrenal function and helps maintain skin healthy.

Resources are grains, dairy products, mushrooms and green vegetables

Vitamin B3

Helps contain food into energy. Promote normal growth and it's essential for healthy skin, blood cells and brain.

Resources are fish, meat, legumes, mushrooms and peanut butter

Vitamin B5, B6 and B7

Vitamin B5

Helps convert food into energy. Normalizes blood sugar levels.

Almost all foods contain Vitamin B5

Vitamin B6

Aids in lowering homocysteine levels and it's essential for good health.

Resources are meat, fish, bananas and potatoes

Vitamin B7

Helps make and break down some fatty acids. Helps synthesize glucose.

Resources are soybeans, yolks, grains and yeast

A photograph of two halves of an avocado, one with the pit, resting on a light-colored marble surface. The text is overlaid on the image.

Vitamin B9

Vital for new cell creation. Helps prevent brain and spine birth defects when taken early in pregnancy. Offsets breast cancer risk among women who consume alcohol.


Resources are liver, leafy green vegetables, orange juice, avocados and legumes



Vitamin B12

Helps making red blood cells and aids lowering homocysteine levels. Assists in making new cells and protects nerve cells.

Resources are meat, poultry, fish and dairy products

The image shows several white plastic bags filled with different types of nuts and nut mixes. In the top left, there are light-colored almonds. To the right, a bag contains a mix of almonds, cashews, and other nuts. Below that, a bag is filled with a colorful mix of nuts, including almonds, cashews, and possibly pistachios. In the bottom left, there are walnuts. In the bottom right, there is a bag of mixed nuts, some of which are coated in a light-colored powder. The text is overlaid in the center of the image.

**A lack of vitamin B12
can cause memory loss
and numbness in the
arms and legs**



RESOURCES

<https://www.readersdigest.ca/health/healthy-living/13-essential-vitamins-your-body-needs-stay-healthy/>

https://www.health.harvard.edu/staying-healthy/listing_of_vitamins

<https://www.goodnet.org/articles/11-essential-vitamins-minerals-your-body-needs>