

**FLINTSTONES**  
Vitamins  
**Power Up!**

# The ABC's of Vitamins & Minerals



**Where it is...**

**What it does...**

**Vitamin A**

carrots, broccoli, spinach



helps your eyesight



**Vitamin B12**

meat, fish, milk, cheese



gives you energy

**Vitamin B6**

potatoes, bananas, beans



helps your brain and nerves

**Vitamin C**



oranges, berries, apples

helps keep you from getting sick

**Calcium**

milk, cheese, yogurt



gives you strong bones and teeth

**Choline**

cauliflower, leafy vegetables



supports healthy brain function

**Vitamin D**

sunlight, egg yolks, oils

makes your bones strong



**Vitamin E**

oils, nuts, green vegetables



protects your cells and blood

**Folic Acid**



oranges, spinach, beans

makes blood and helps DNA

**Iron**

meat, beans, chicken, fish



helps your blood

**Magnesium**

whole grains, nuts, spinach

helps your heart and muscles



**Niacin**



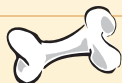
meat, chicken, fish

helps your skin and nerves

**Phosphorus**

milk, yogurt, meat, fish

helps bones and teeth



**Riboflavin**



meat, eggs, nuts, dairy

helps your blood and eyesight

**Thiamin**

cereal, meat, fish, peas



gives you energy

**Zinc**



meat, chicken, fish, nuts

helps you grow

