Vitamin B2 helps the body convert food into fuel, which is used to produce energy.

- Eggs
- Green vegetables
- Fortified cereals, bread, and grain products
- Dairy products
- Lean beef
- Nuts

Vitamin C is needed for the growth, development, and repair of all body tissues.

- Citrus fruits (oranges, orange juice, and lemons)
- Potatoes
- Broccoli
- Green peas
- Tomatoes and tomato juice
- Pineapple chunks

Niacin helps convert the food we eat into energy.

- Beef, chicken, and turkey
- Canned tuna fish
- Peanuts/peanut butter
- Brown rice
- Whole wheat products
- Potatoes

Vitamin B1 is important for the function of the heart and brain.

- Green peas, beans, lentils
- Enriched cereals and breads
- Fortified breakfast cereals
- Brown rice
- Whole grains
- Pork and fish

Magnesium supports muscle function and energy.

- Greens
- Nuts and seeds
- Dry beans
- Whole grains and bran cereals
- Peanut butter

Vitamin B6 helps protect against infection.

- Peanuts
- Oats
- Bananas
- Fortified cereals
- Canned Tuna
- Milk and dairy products

Choose foods from these lists to make sure you are eating important nutrients!