Vitamin B2 helps the body convert food into fuel, which is used to produce energy. Canned green vegetables, Fortified cereals, bread, and grain products, Shelf-stable milk and yogurt, Nuts.

Vitamin C is needed for the growth, development, and repair of all body tissues. Oranges and orange juice, Canned grapefruit, Canned green peas, Tomato juice, Canned pineapple chunks.

Magnesium supports muscle function and energy production. Nuts and seeds, Dry beans, Whole grains and bran cereals, Peanut butter.

Niacin helps convert the food we eat into energy. Canned soup with chicken, Canned tuna fish, Peanuts/peanut butter, Whole wheat products (crackers, bread).

Vitamin B6 helps protect against infection. Peanuts, Oats, Bananas, Fortified cereals, Canned Tuna, Shelf-stable milk.