

# B Vitamins



Katie says B vitamins are good for you.

B vitamins are found in all the food groups.

## B<sub>1</sub> thiamine

helps your nerves  
helps your appetite  
helps your body digest food



### B<sub>1</sub> is in

- ▲ enriched and fortified whole grain breads and cereals
- ▲ lean pork, liver, heart, kidney, dried beans and peas, seeds, nuts

## B<sub>2</sub> riboflavin

gives you healthy skin  
gives you healthy eyes  
helps your body use protein, fat, and carbohydrates. These give you energy.



### B<sub>2</sub> is in

- ▲ enriched breads and cereals
- ▲ green leafy vegetables
- ▲ lean meat, eggs
- ▲ milk

## B<sub>6</sub> pyridoxine

helps your body use protein  
helps your body make blood cells



### B<sub>6</sub> is in

- ▲ brown rice, oats, whole wheat breads and cereals
- ▲ fresh fruits
- ▲ fresh vegetables
- ▲ chicken, fish, kidney, liver, eggs, soybeans, peanuts, walnuts

## B<sub>12</sub> cyanocobalamin

helps your body grow  
prevents anemia



### B<sub>12</sub> is in

- ▲ meat, poultry, fish
- ▲ milk, cheese, yogurt

## Niacin

gives you healthy skin  
gives you a healthy tongue  
keeps your nerves in good condition

### Niacin is in

- ▲ enriched whole grain breads and cereals, corn products
- ▲ lean meat, eggs



## Folic acid

helps prevent birth defects  
helps prevent heart attacks in women  
helps body use protein

### Folic acid is in

- ▲ breads
- ▲ nuts (meat)
- ▲ vegetables



Dear Friend,

Katie comes to you from your county Extension office.  
We can tell you many things about feeding and caring for your  
family. Come by or call the Extension office for free booklets.

*Katie*



## B Vitamins

These are important B vitamins:

- B<sub>1</sub> also called thiamine
- B<sub>2</sub> also called riboflavin
- B<sub>6</sub> also called pyridoxine
- B<sub>12</sub> also called cyanocobalamin
- Niacin
- Folic acid

## B vitamins

- help your body use energy from food
- keep your nerves in good condition
- keep your skin healthy
- help your body make blood cells
- help prevent birth defects

## Thiamine

- helps you enjoy what you eat
- helps your body digest food



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ALABAMA  
COOPERATIVE  
**Extension**  
SYSTEM

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Your county Extension agent can tell you more about this  
and can help you in other ways, too. Call or write: