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

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