

## FAT SOLUBLE VITAMINS

| VITAMIN | FUNCTION                           | SOURCES                |
|---------|------------------------------------|------------------------|
| A       | A. Helps blood clot                | Carrots                |
| D       | B. Keeps bones strong              | Milk / sunlight        |
| E       | C. Good for vision and skin        | Nuts and seeds         |
| K       | D. Protects cells<br>(antioxidant) | Spinach / leafy greens |