

**"Just how do vitamins help?" : Haliborange, a healthy start to life.**

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# "Just How Do Vitamins Help?"



## VITAMIN A

- Needed for colour vision, also helps keep skin and body tissues in healthy condition.
- Known best as being found in carrots, vitamin A also comes from green vegetables, milk and dairy products and liver, including fish liver oil.

## VITAMIN C

- Essential for the health of skin, blood vessels, gums and teeth.
- Main source is oranges, lemons and fruit juices, but also found in fresh vegetables.

## B GROUP VITAMINS

- B Group vitamins include Thiamin (B1), Riboflavin (B2), Vitamin B6, and Vitamin B12. Between them they help children's bodies to produce energy. They are also required to help the body to use the goodness in food. Generally good for growth and healthy nerve and muscle tissues.
- B group vitamins are found in milk and dairy products, meats, vegetables, eggs and wholegrain cereal products.

## VITAMIN D

- This vitamin is needed for children to grow healthy bones and teeth.
- Found in milk and dairy products, margarine and eggs, but main source is from sunlight on the skin, which produces Vitamin D.

## VITAMIN E

- Generally helps to protect the body all round, and is essential for healthy red blood cells.
- You can get this vitamin from vegetable oils and margarine, cereals, eggs and green vegetables.

**HALIBORANGE**

*A Healthy Start to Life*