



Vitamin B 6 (Pyridoxine)

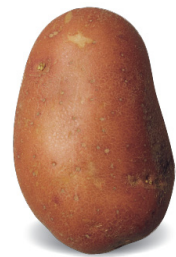


One of the eight B vitamins

- Needed for growth
- Helps your brain function
- Helps fight sickness
- Helps make red blood cells
- Helps break down the protein you eat



Some foods to eat to get vitamin B₆ are:



Garbanzo beans

Peppers

Potatoes

This material is adapted from Harvest of the Month produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low income households, and can help buy nutritious foods for better health. For food stamp information call, 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

Tulare County Office of Education

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