

You need vitamins to help you grow.

The **B Vitamins** help turn  
the food you eat into energy.

Here are some fruits and vegetables you can  
eat to get your B vitamins:



Can you name them?

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](http://www.cachampionsforchange.net).