

## VEGETABLES

	Vitamin A	Vitamin B1	Vitamin B2	Niacin	Folate	Vitamin B6	Vitamin C	Vitamin E	Vitamin K
Broccoli	•	•	•	•	•	•	•	•	•
Cabbage	•	•	•	•	•	•	•	•	•
Carrots	•	•	•	•	•	•	•	•	•
Collards	•	•	•	•	•	•	•	•	•
Corn	•	•	•	•	•	•	•	•	•
Eggplant	•	•	•	•	•	•	•	•	•
Green Peppers	•	•	•	•	•	•	•	•	•
Kale	•	•	•	•	•	•	•	•	•
Spinach	•	•	•	•	•	•	•	•	•
Squash	•	•	•	•	•	•	•	•	•
Sweet Potatoes	•	•	•	•	•	•	•	•	•
Tomatoes	•	•	•	•	•	•	•	•	•
Zucchini	•	•	•	•	•	•	•	•	•

Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. This information should never replace your doctor's advice or care.



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# DID YOU KNOW?

Nutritional information from Second Harvest Food Bank of Northwest NC



## What's In Your Fruits & Vegetables

### FRUITS

	Vitamin A	Vitamin B1	Vitamin B2	Niacin	Folate	Vitamin B6	Vitamin C	Vitamin E	Vitamin K
Apples	•	•	•	•	•	•	•	•	•
Apricots	•	•	•	•	•	•	•	•	•
Avocados	•	•	•	•	•	•	•	•	•
Bananas	•	•	•	•	•	•	•	•	•
Blueberries	•	•	•	•	•	•	•	•	•
Cantaloupes	•	•	•	•	•	•	•	•	•
Grapefruit	•	•	•	•	•	•	•	•	•
Honeydew Melon	•	•	•	•	•	•	•	•	•
Kiwi	•	•	•	•	•	•	•	•	•
Nectarines	•	•	•	•	•	•	•	•	•
Oranges	•	•	•	•	•	•	•	•	•
Peaches	•	•	•	•	•	•	•	•	•
Pears	•	•	•	•	•	•	•	•	•

*Vegetable list on back page.*



	<b>BENEFITS OF:</b>	<b>DEFICIENCY:</b>
<b>Vitamin A</b>	<ul style="list-style-type: none"> <li>• Stimulates immunity</li> <li>• Helps vision</li> <li>• Promotes bone growth and tooth development</li> <li>• Helps maintain healthy skin, hair and mucous membranes</li> </ul>	<ul style="list-style-type: none"> <li>• Can cause night blindness, dry skin, poor bone growth and weak tooth enamel</li> </ul>
<b>Vitamin B1</b>	<ul style="list-style-type: none"> <li>• Helps body cells convert carbohydrates into energy</li> <li>• Essential for the functioning of the heart, muscles and nervous system</li> </ul>	<ul style="list-style-type: none"> <li>• Not getting enough thiamine can leave one fatigued and weak</li> </ul>
<b>Vitamin B2</b>	<ul style="list-style-type: none"> <li>• Important for body growth, reproduction and red cell production</li> <li>• Helps in releasing energy from carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>• Painful cracks in the corners of the mouth and on the lips, scaly patches on the head, and a magenta mouth and tongue</li> </ul>
<b>Niacin</b>	<ul style="list-style-type: none"> <li>• Assists in the functioning of the digestive system, skin and nerves</li> <li>• Important for the conversion of food to energy</li> </ul>	<ul style="list-style-type: none"> <li>• Deficiency can cause a condition called pellagra, which causes skin irritation, diarrhea and dementia. (Pellagra has been virtually eliminated in western culture.)</li> </ul>
<b>Folate</b>	<ul style="list-style-type: none"> <li>• Needed to produce red blood cells, as well as components of the nervous system</li> <li>• Helps in the formation and creation of DNA and maintaining normal brain function, and is a critical part of spinal fluid</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Gray hair</li> <li>• Mouth sores (ulcers)</li> <li>• Poor growth</li> <li>• Swollen tongue</li> </ul>



	<b>BENEFITS OF:</b>	<b>DEFICIENCY:</b>
<b>Vitamin B6</b>	<ul style="list-style-type: none"> <li>• Plays a role in the creation of antibodies in the immune system</li> <li>• Helps maintain normal nerve function and acts in the formation of red blood cells</li> <li>• Required for the chemical reactions of proteins</li> </ul>	<ul style="list-style-type: none"> <li>• Too little B6 in the diet can cause dizziness, nausea, confusion, irritability and convulsions</li> </ul>
<b>Vitamin C</b>	<ul style="list-style-type: none"> <li>• Plays a significant role as an antioxidant</li> <li>• Antioxidants act to protect your cells against the effects of free radicals</li> <li>• Free radicals can cause cell damage that may contribute to the development of cardiovascular disease and cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Severe deficiency can lead to scurvy - a disease that causes general weakness, anemia, gum disease and skin hemorrhages</li> </ul>
<b>Vitamin E</b>	<ul style="list-style-type: none"> <li>• Plays a significant role as an antioxidant</li> <li>• Important in the formation of red blood cells and the use of vitamin K</li> <li>• Valued for its ability to soothe and heal broken or stressed skin tissue</li> </ul>	<ul style="list-style-type: none"> <li>• Deficiency (extremely rare) can cause muscle weakness, vision problems, immune system changes, numbness, trouble walking, tremor and poor balance</li> <li>• Over a long time, deficiency may lead to blindness, heart disease, permanent nerve damage and impaired thinking</li> </ul>
<b>Vitamin K</b>	<ul style="list-style-type: none"> <li>• Plays a critical role in blood clotting</li> <li>• Regulates blood calcium levels and activates at least three proteins involved in bone health</li> </ul>	<ul style="list-style-type: none"> <li>• Abnormal or excessive bleeding, such as frequent nosebleeds, abnormally bleeding gums, heavy menstruation, or blood in the urine or stool</li> </ul>

**SOURCES:**  
 Nutrient Chart: [www.health-alternatives.com/fruit-nutrition-chart.html](http://www.health-alternatives.com/fruit-nutrition-chart.html)  
 Benefits and Deficiencies: Medline Plus