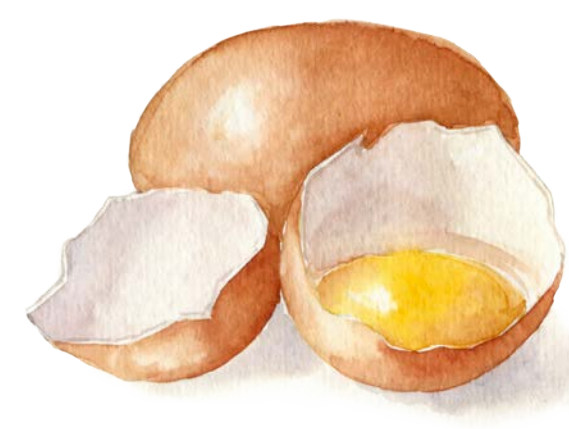


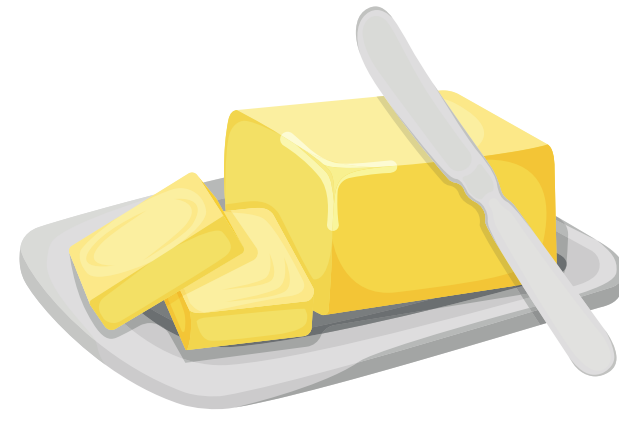
GESUNDE ERNÄHRUNG

VITAMIN-ÜBERSICHT

A



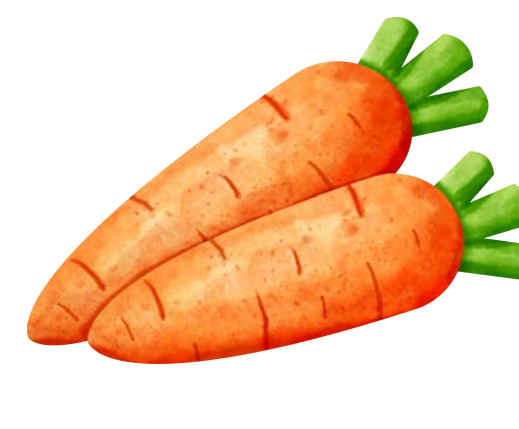
Ei



Butter



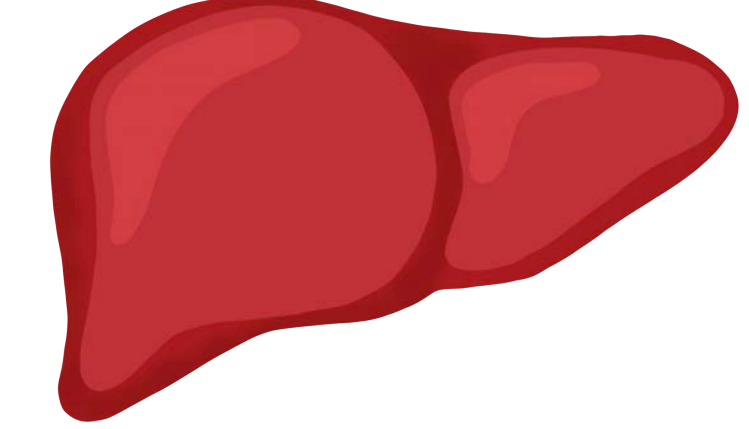
Papaya



Karotte



Milch

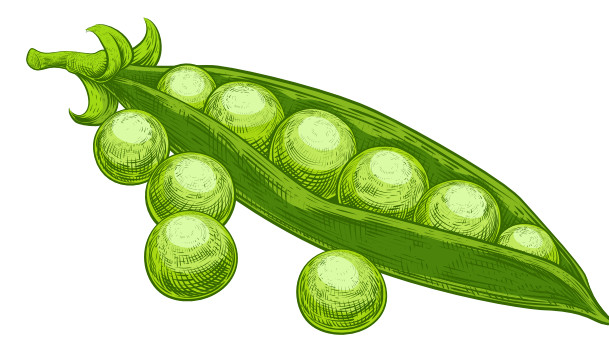


Leber

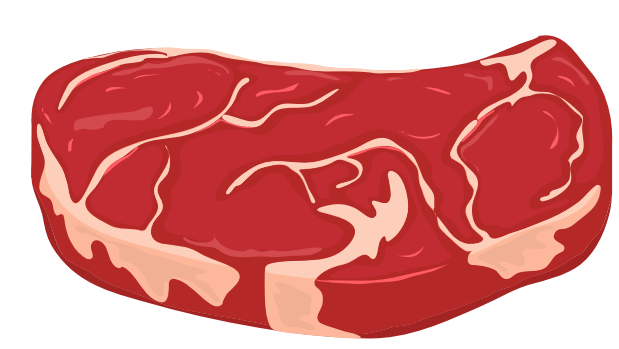


Kohl

B₁



Erbsen



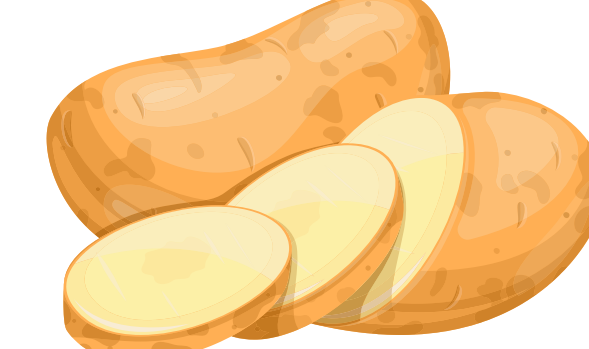
Fleisch



Milch



Sojabohnen



Kartoffel



Vollkorngetreide

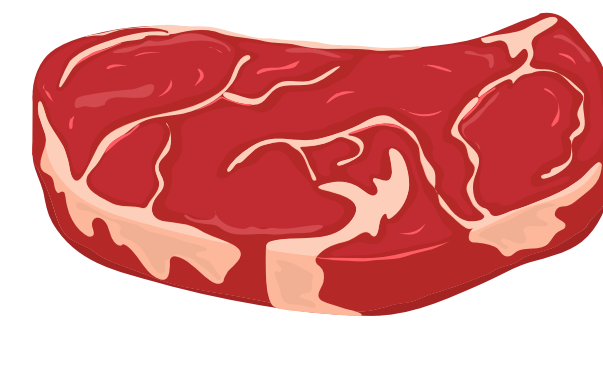
B₂



Grünes Gemüse



Käse



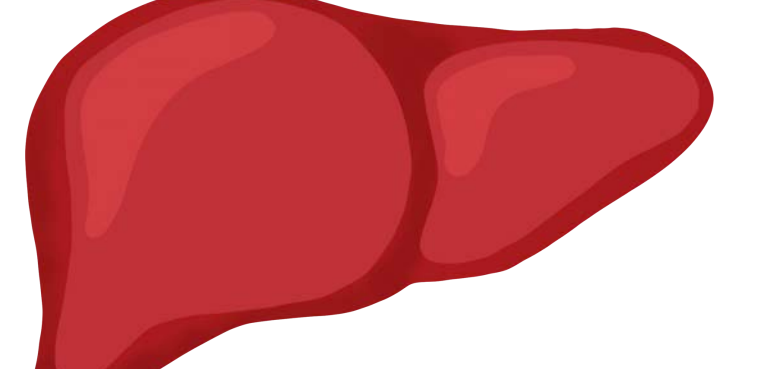
Fleisch



Milch



Sojabohnen

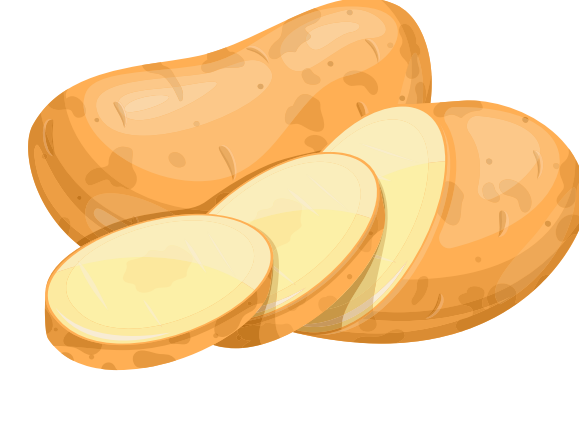


Leber

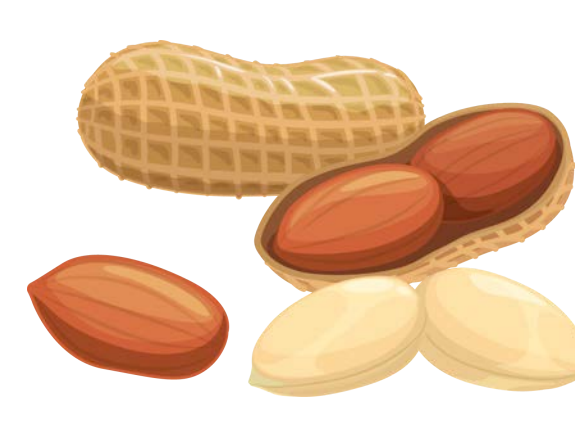
B₃



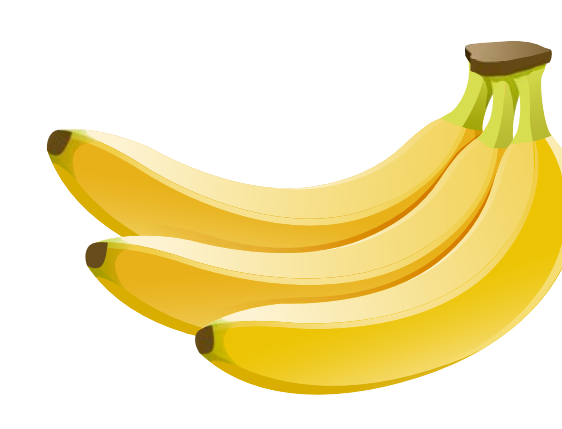
Tomate



Kartoffel



Erdnuss



Banane

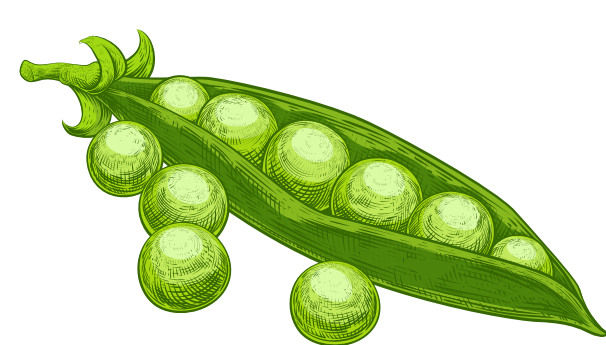


Gemüse

B₆



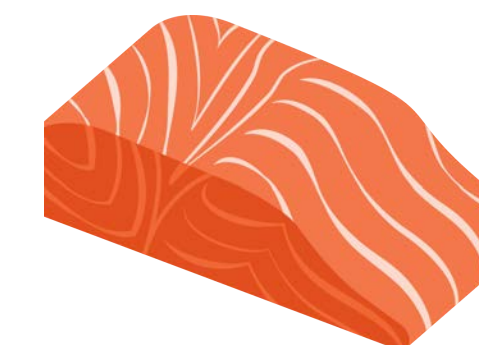
Nüsse



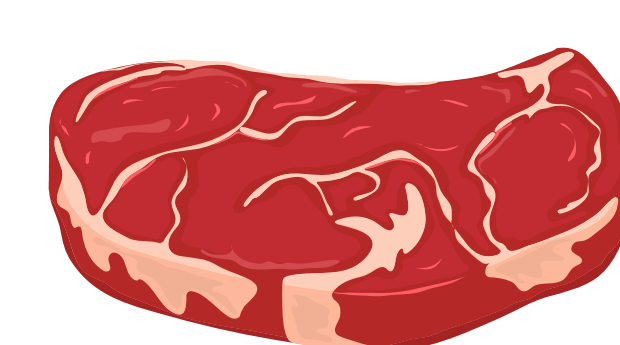
Erbsen



Hülsenfrüchte



Fisch

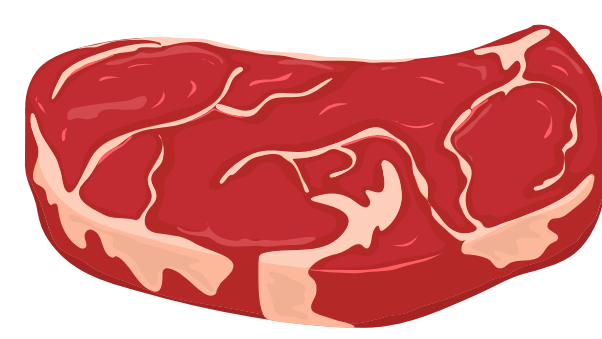


Fleisch

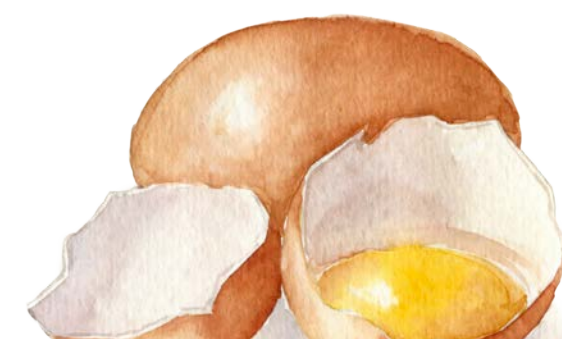


Milch

B₁₂



Fleisch



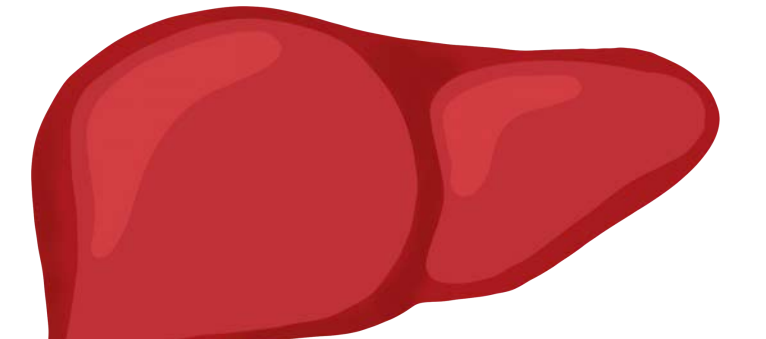
Ei



Milch



Käse



Leber

C



Guave



Orange



Zitrone

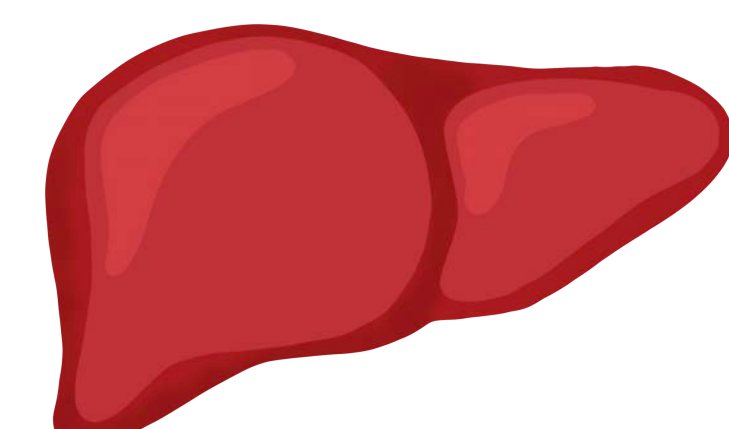


Trauben



Tomate

D



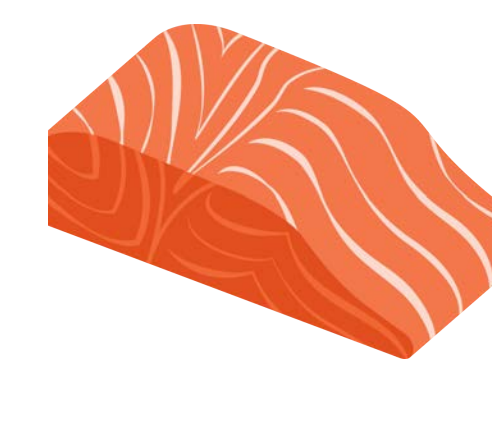
Leber



Milch



Ei



Fisch

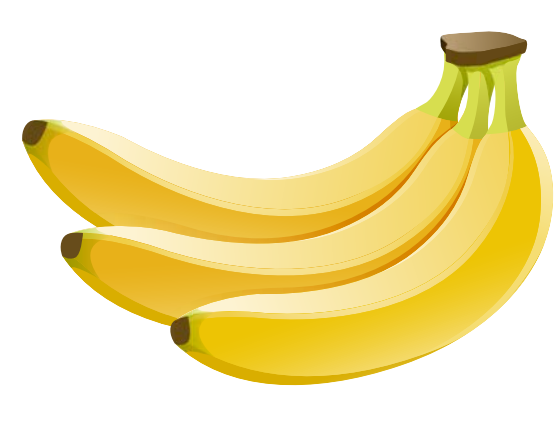


Sonnenlicht

E



Ei



Banane



Grünes Gemüse



Sojabohnen



Mandeln



Weizenkeimöl

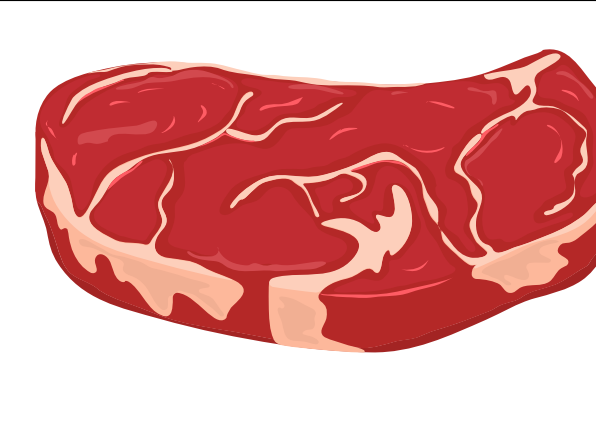
K



Sojabohnen



Tomate



Fleisch



Rüben



Salat