

Hair

Eggs are a great source of **biotin**.

Nuts contain **vitamin E, vitamin B, and zinc**.

Eyes

Carrots and sweet potatoes are high in **vitamin A**.

Lots of fruits and vegetables are high in **vitamin C**.

Heart

Whole grains are high in **fiber and vitamins**.

Fish and nuts are a great source of **omega-3 fatty acids**.

Bones

Milk and dairy foods are high in **calcium and vitamin D**.

Brain

Leafy green vegetables are high in **vitamin K, folate, and beta carotene**.

Fish are a good source of **omega-3 fatty acids**.

Teeth

Dairy foods are high in **calcium**.

Crunchy vegetables like celery help keep teeth clean.

Stomach

Yogurt, kimchi, and other fermented foods contain **healthy gut bacteria**.

Skin

Avocados are high in **vitamin E**.

Fish and nuts contain several **fatty acids**.



Healthy Foods, Healthy You!