The B Vitamin Family

We often strive for A’s, but B’s are important too. Meet the B Vitamin family, where every member contributes in its own special way to provide your body with essential nutrients for energy, metabolism, and maintaining a healthy immune system.

Vitamin B1 (Thiamin):
Helps your body break down carbohydrates into energy.
*Opt for whole grain pasta options when you are at the pasta bar.*

Vitamin B2 (Riboflavin):
Involved in energy production, supports vision and skin health.
*Yogurt is a good source of riboflavin; add some to your oatmeal for breakfast.*

Vitamin B3 (Niacin):
Helps maintain skin health and supports the nervous and digestive systems.
*Add grilled chicken to your salad.*

Vitamin B6 (Pyridoxine):
Influences brain processes and development, immune function, and hormones.
*Add a scoop of chickpeas or pinto beans to brown rice.*

Vitamin B9 (Folate):
Needed to form red blood cells, which carry oxygen around the body.
*Grab a side salad of spinach or romaine.*

Vitamin B12 (Cyanocobalamin):
Found in animal source foods, B12 is needed to produce and maintain nerve cells.
*Choose salmon or cod as an entrée for lunch or dinner.*

You Better B-lieve it!

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References:

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