

Some Water-Soluble **B Vitamins**

Thiamin (B₁): Helps produce energy from carbohydrates.
Helps maintain a healthy nervous system.
Peas are a good source of thiamin.



Riboflavin (B₂): Helps release energy from carbohydrates.
Important for body growth and red blood cells.
Some sources: leafy green vegetables,
legumes.



Pyridoxine (B₆): Needed to help nervous tissues work normally.
Needed to maintain healthy skin and red blood cells.
Sources include vegetables.



Folate (B₉):
(Folacin or folic acid)
Needed for body to produce normal red blood cells.
Important for growth development.
Helps lower the risk of birth defects.
Sources include leafy green vegetables,
oranges.



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