

ESSENTIAL VITAMINS IN BREAKFAST

Daily Nutritional Reference Guide

BREAKFAST ITEM	KEY VITAMINS	PRIMARY BENEFIT
Eggs	B12, D, Choline	Brain function & bone health
Oatmeal	B1, B5, Folate	Energy metabolism & heart health
Greek Yogurt	B2, B12	Cellular repair & energy
Avocado	K, E, C, B6	Immune support & skin health
Spinach	A, C, K, Folate	Vision & blood circulation
Berries	C, K	Antioxidant protection
Whole Grain Toast	B3, B6, E	Digestive health & nervous system