



What Would You Have To Eat?

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1 cup of spinach/Vitamin A

2 oranges/Vitamin C

55 eggs/Vitamin D

9 avocados/Vitamin E

3 cups of peas/Thiamin

19 medium bananas/Riboflavin

5 large potatoes/Niacin

2 large watermelons/Vitamin B-6

61 cups of tomatoes/Folate

62oz. of cheddar cheese/Vitamin B-12

3 stalks of broccoli/Iron

17 oz. of cherries/ORAC Value

**37 medium mushrooms/Pantothenic
Acid**

