



# Child-Friendly

# Foods

# Containing

# Vitamin B



Nuts and beans



Meats such as  
poultry and beef



Whole grains and  
fortified cereals



Green peas,  
potatoes, squash



Bananas,  
watermelon



Leafy greens such  
as spinach



Egg yolk and  
milk products



## Reference:

1. Water-Soluble Vitamins: B-Complex and Vitamin C – 9.312; Colorado State University