

# shrimp

## Pyridoxine Vitamin B-6

### Sources:

bananas  
bran  
carrots  
lentils  
rice  
tuna  
shrimp

### Who?

*Older people, pregnant or breast-feeding women, women taking oral contraceptives or estrogen. People with chronic wasting illness. People with excessive stress or who have recently undergone surgery. People with recent severe burns or injuries.*

Promotes normal red-blood cell formation and maintains chemical balance among body fluids.

# egg SS Yolk

## Sources:

tomatoes  
green leafy vegetables  
cheese  
egg yolks  
cauliflower  
oats  
soybeans

## Who?

*People with recent severe burns or injuries. People taking antibiotics that may destroy normal "friendly" bacteria in the intestinal tract. Premature newborns. People with part of the gastrointestinal tract surgically removed.*

## K

Helps blood clotting. Promotes normal growth and development. Prevents hemorrhagic disease in newborns.