

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

STEPHENGLOVER@STAFFORDSPORT.CO.UK- 07793891029

WWW.STAFFORDSPORT.CO.UK

FACEBOOK - WWW.FACEBOOK.COM/STAFFORDSPORT



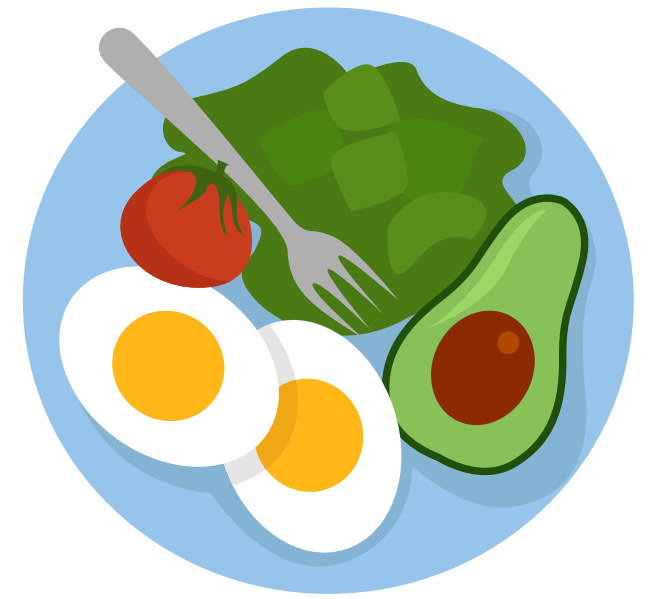
# BRILLIANT **B** VITAMINS

THERE IS A WHOLE FAMILY OF B VITAMINS. THEIR NAMES ARE B1, B2, B3, B6, PANTOTHENIC ACID, BIOTIN FOLATE AND B12

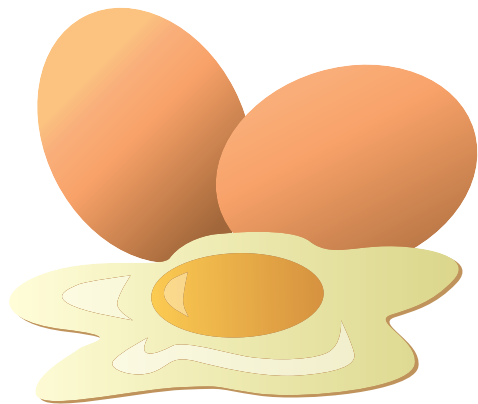
B VITAMINS HELP YOU GET ENERGY OUT OF THE FOOD YOU EAT. YOU'LL BE USING A LOT OF B VITAMINS DURING YOUR TIME HERE WITH STEVE AND HIS TEAM, SO MAKE SURE TO EAT PLENTY!



## WHERE CAN I FIND THE B VITAMINS



WHOLE GRAINS - WHEAT, OATS, BARLEY, RYE, BROWN RICE



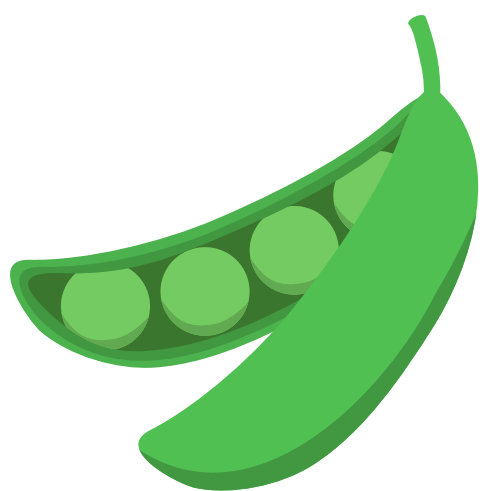
FISH AND SEAFOOD

CHICKEN AND TURKEY

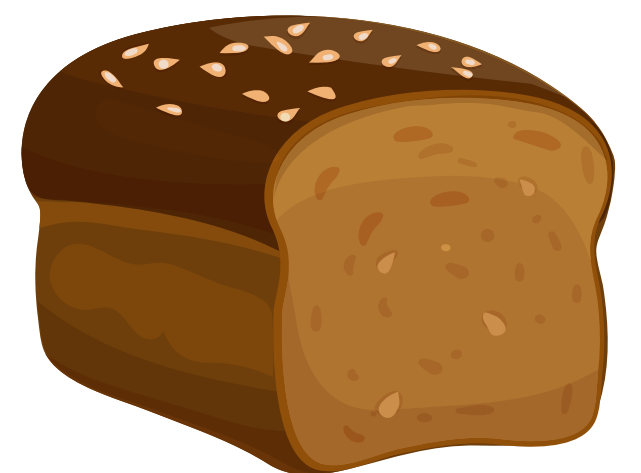


EGGS

DAIRY PRODUCTS - MILK, YOGURT, CHEESE



LEAFY GREEN VEGETABLES



BEANS AND PEAS

B VITS ALSO HELP MAKE RED BLOOD CELLS, WHICH CARRY OXYGEN THROUGH YOUR BODY. EVERY PART OF YOUR BODY NEEDS OXYGEN, SO THEY HAVE A REALLY IMPORTANT JOB

