

Vegetable List	Vitamin	Symptom	Organ	Vitamin	Symptom			
Artichoke	A,B1,B2,B6,C	Dry Skin	Skin	A	Dry Skin	Vision Deterioration	Bitot's spots	
Asparagus	A,B1,B2,B6,C,E	Skin Rashes	Skin	B1	Fast Heart Rate	Shortness of Breath	Numbness	Confusion
Broccoli	A,C,K	Cracked Lips	Skin	B2	Fatigue and Tiredness	Change in mood	Dry Skin	Soreness of throat
Cabbage	A,B1,B2,B6,K	Vision Deterioration	Eye	B6	Fatigue and Tiredness	Skin Rashes	Cracked Lips	
Carrots	A,B1,B2,B6,C	Bitot's Spots	Eye	B9	Fatigue and Tiredness	Gray Hair	Tongue Swelling	
Cauliflower	C,K,B6	Confusion	Brain	B12	Fatigue and Tiredness	Shortness of Breath	Depression	
Coriander	C,K	Change in mood	Brain	C	Dry Skin	Easy Bruising	Painful, Swollen Joints.	Have Phlegm
Cucumber	A,B1,B2,B6,C	Depression	Brain	D	Muscle Pain	Fatigue and Tiredness	Bone and Back Pain	
Eggplant	C,K,B6	Numbness	Body	E	Muscle Pain	Immune system problems	Vision Deterioration	
Green beans	C,K	Easy Bruising	Body	K	Easy Bruising	Blood in the urine or stool	Heavy menstrual periods	Have Phlegm
Kale	A,C,K,B6	Painful, Swollen Joints	Body					
Okra	C,B,K	Muscle Pain	Body					
Onions	C	Bone and Back Pain	Body					
Peas	C,B,K	Immune System Problems	Body					
Peppers	A,B6,C,K	Blood in the urine or stool	Bladder					
Potato	C,B6	Heavy menstrual periods	Ovary					
Shiitake	B,D	Gray Hair	Head					
Spinach	A,C,K	Shortness of Breath	Lung					
Summer squash	C,K	Fast Heart Rate	Heart					
Tomatoes	C,K	Fatigue and Tiredness	Heart					
		Tongue Swelling	Throat					
		Have Phlegm	Throat					
		Soreness of Throat	Throat					
Fruit List	Vitamin							
Apple	C							
Apricots	A,C							
Banana	A,B1,B2,B6,C							
Blackberries	B1,B6,C							
Cherries	A,B1,B2,B6,C							
Corn	A,B,C							
Grape	A,C,K							
Guava	A,B,C							
Kiwi	B6,C							
Lemon	C							
Lychee	B1,C							
Mango	A,B1,B2,B3							
Peach	A,B2,C,K							
Pineapple	B1,B2,B5,B6,C							
Watermelon	A,B6,C							
Durian	A,B9,C							