



**ВИТАМИНЫ
ДОЛГОЛЕТИЯ**

The background of the slide is a photograph of several pieces of raw, red meat, likely beef or lamb, arranged on a dark wooden surface. Fresh green herbs are scattered around the meat. Two semi-transparent white circles are overlaid on the image: one at the top center containing the title, and one at the bottom left containing a list of food sources.

ВИТАМИНЫ ГРУППЫ В

- + МЯСО**
- + БОБОВЫЕ**
- + ОРЕХИ**
- + КРУПЫ**

The image shows two fish, likely sea bream, lying on a light-colored wooden surface. They are covered with coarse salt crystals and small red and black spices. In the background, there are fresh green herbs, including basil, and a slice of red onion. The overall scene is bright and fresh, suggesting a healthy diet.

ВИТАМИН D

+ СЕЛЬДЬ

+ ТУНЕЦ

+ ГОВЯЖЬЯ ПЕЧЕНЬ

+ ЯЙЦА



ВИТАМИН Е

+ МИНДАЛЬ

+ АРАХИС

+ ШПИНАТ

+ МАСЛО



Кальций

- 1) ОСНОВА КРЕПКИХ КОСТЕЙ**
- 2) РЕГУЛИРУЕТ
СВЕРТЫВАЕМОСТЬ КРОВИ**
- 3) ПОЛЕЗЕН ДЛЯ МЫШЦ**
- 4) НЕОБХОДИМ ДЛЯ
ЖЕНСКОГО ОРГАНИЗМА**
- 5) БОЛЬШЕ ВСЕГО В
МОЛОЧНОЙ ПРОДУКЦИИ**



ВИТАМИН С

+ ПЕРЕЦ

+ КИВИ

+ ЗЕЛЕНЬ

+ ЦИТРУСОВЫЕ