

SOURCES OF VITAMINS A, D and K

SEAFOODS

FISH EGGS

FISH LIVERS

FISH LIVER OIL

FISH HEADS

SHELL FISH

OILY FISH

SEA MAMMALS

LAND ANIMALS

GRASS-FED!

INSECTS

BUTTER AND CREAM

EGG YOLKS

LIVER, ORGAN MEATS

ANIMAL FAT

ESPECIALLY MONO-GASTRIC ANIMALS SUCH
AS BIRDS, PIG, BEAR, GUINEA PIG

