

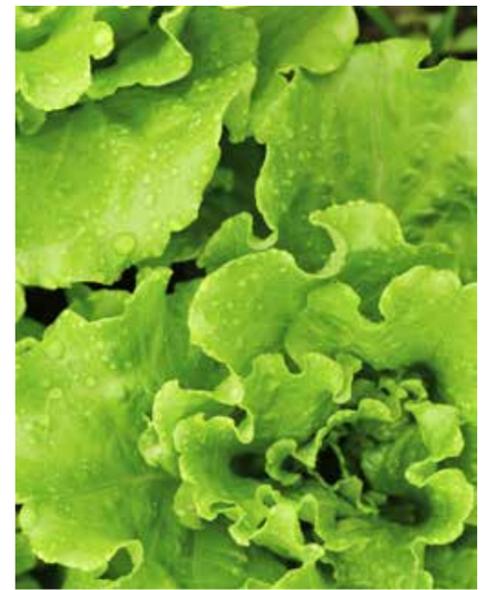


WHY IS IT IMPORTANT TO EAT VEGETABLES?

Most vegetables are naturally low in fat and calories. None have cholesterol.

Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.

Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.



DIETARY FIBER from vegetables helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.

FOLATE (folic acid) helps the body form red blood cells.

VITAMIN A keeps eyes and skin healthy and helps to protect against infections.

VITAMIN C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.

www.choosemyplate.gov/food-groups/vegetables-tips.html



WHY IS IT IMPORTANT TO EAT FRUIT?

MOST FRUITS are naturally low in fat, sodium, and calories. None have cholesterol.

FRUITS are sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).

DIETS RICH IN POTASSIUM may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.

DIETARY FIBER from fruits helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories.

Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.

VITAMIN C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.

FOLATE (folic acid) helps the body form red blood cells.

www.choosemyplate.gov/food-groups/fruits-tips.html



TEST YOUR VEGGIE IQ

Which contains more fiber, broccoli or cauliflower?
Which contains more folate, potatoes or corn?
Which contains more iron, spinach or kale?

Answers: cauliflower, corn, kale

TEST YOUR FRUIT IQ

Which contains more Vitamin C, limes or lemons?
Which fruit contains the most fiber?
Which fruit is the most popular in the US?

Answers: lemons, raspberries, bananas