









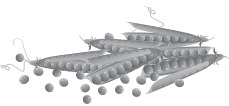


Nutrition module

EAT YOUR FRUITS AND VEGETABLES

Fruits and vegetables provide important nutrients to our bodies. We obtain many vitamins and minerals from eating fruits and vegetables. It is important to choose from a variety of colorful fruits and vegetables to get the best health benefits. Eat a minimum of 2-3 fruits and 4-5 vegetables daily. Aim to fill half you plate with fruits and vegetables.

Nutrient		Plant Source	Why Do We Need These Nutrients?
Vitamin A		Carrots, sweet potatoes, pumpkins, winter squash, cantaloupe, kale, spinach and red peppers	Helps maintain skin, skeletal and soft tissue, mucous membranes and teeth. It is needed for general good vision and especially in low light.
Vitamin C		Citrus fruits, strawberries, cantaloupe, broccoli, tomatoes, green and red peppers, kiwi and sweet potatoes	A powerful antioxidant. It is also beneficial in reducing rates of cancer in the lungs and digestive organs.
Vitamin E		Spinach, broccoli, green and leafy vegetables, papaya and mango	Has some protection from cell damage and can help slow cell damage due to the aging process. It is important for nerve health. Can reduce and slow age related Macular Degeneration.
Fiber		Artichokes, beans-navy, lima, kidney, pinto, lentils and split peas	Helps to decrease risk of coronary artery disease. It is beneficial in weight loss, as well as for bowel regulation.
Folate		Cooked spinach, asparagus, black eyed peas, great northern beans and brussels sprouts	Important to the development of the spinal cord and brain during fetal development. It is also key in red blood cell formation, as well as helping in proper brain functioning.
Iron		Dark, leafy greens-spinach, collards, artichokes, and dried fruit-prunes, raisins	Essential for oxygen transport and important for skeletal muscle and cognitive function.
Lutein		Green leafy vegetables, orange-yellow fruits and vegetables	An important antioxidant to support our eyes and skin health.
Lycopene		Apricots, blood oranges, papaya, pink grapefruit, watermelon and tomatoes	Can help lower risk for prostate cancer and cardiovascular disease.
Flavonoids		Apples, onions, broccoli and berries	Antioxidants which can be antiviral, anti-allergic, anti-inflammatory, and possibly anti-carcinogenic. They scavenge free radicals.
Potassium		Sweet potatoes, carrot juice, lima beans, white beans and cooked greens	Helps to lower blood pressure and can help in reducing cardiovascular disease mortality. It can also decrease the risk of osteoporosis and prevent or slow the progression of renal disease.
Calcium		Collard greens, turnip greens, kale, oranges, black eyed peas and green peas	Important in building and maintaining strong bones. It also plays a role in regulating muscle contraction and relaxation, as well as transmitting nerve impulses.