



One serving. Many benefits.

What's in one serving of these vegetables?

Broccoli

- o Calcium
- o Fiber
- o Kaempferol
- o Potassium
- o Vitamin A
- o Vitamin C
- o Vitamin D
- o Vitamin K

Bell peppers

- o Beta-carotene
- o Vitamin A
- o Vitamin B6
- o Vitamin C

Spinach

- o Folate
- o Magnesium
- o Potassium
- o Vitamin A

Swiss chard

- o Calcium
- o Beta-carotene
- o Vitamin C
- o Vitamin E
- o Vitamin K

Kale

- o Calcium
- o Fiber
- o Iron
- o Potassium
- o Vitamin A
- o Vitamin C
- o Vitamin K

Sweet potatoes

- o Magnesium
- o Vitamin B6
- o Vitamin C
- o Vitamin D

Black beans

- o Antioxidants
- o Folate
- o Fiber

How nutrients help your body

- o **Antioxidants** - disease prevention
- o **Beta-carotene** - improves vision
- o **Calcium** - healthy bones
- o **Fiber** - lowers cholesterol
- o **Folate** - healthy skin
- o **Kaempferol** - fights allergies and inflammation
- o **Magnesium** - improves metabolism
- o **Potassium** - healthy heart
- o **Vitamin A** - immune system boost
- o **Vitamin B6** - helps prevent heart attacks
- o **Vitamin C** - immune system boost
- o **Vitamin D** - lowers blood pressure
- o **Vitamin E** - immune system boost
- o **Vitamin K** - healthy bones