



Healthy Kids

LSU AgCenter Nutrition Programs Newsletter

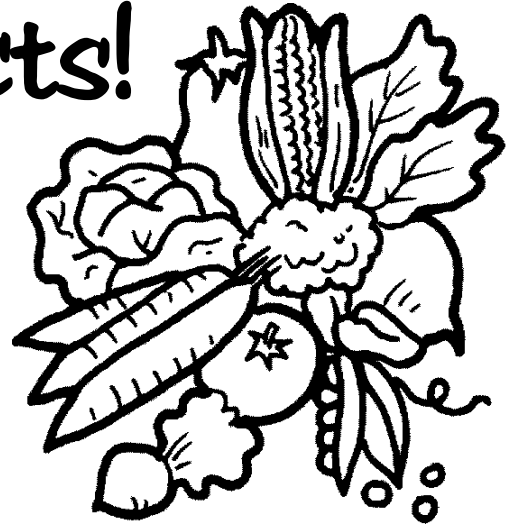
Vegetable Facts!

Vegetables offer the most variety of all foods. They have nearly all the vitamins and minerals your body needs each day. Also, they have complex carbohydrates to give you energy. Vegetables are low in fat and calories and high in fiber; they fill you up on fewer calories. For these reasons, vegetables are called “nutrient-dense foods.”

The Food Guide recommends that children eat 4-5 servings of vegetables a day, depending on age and physical activity level. For example, a girl age 9 to 13 years old who is moderately active needs 5 servings (2 1/2 cups) of vegetables a day (for an 1,800-calorie diet).

Eat a variety of vegetables every week. There are 5 groups of vegetables to choose from. It is not necessary to eat vegetables from all 5 groups every day. Instead, count the servings (or cups) from each group for a week. For example, if you need 1,800 calories a day, you will need:

- 3 cups of dark green vegetables a week
- 2 cups of orange vegetables a week
- 3 cups of legumes a week
- 3 cups of starchy vegetables a week
- 6 1/2 cups of other vegetables a week



What counts as 1 serving?

- 1/2 cup cut-up raw or cooked vegetables
- 1 cup leafy salad greens
- 1/2 cup vegetable juice

Remember: you can find Health In Each Vegetable!

Hearts of palm: fiber, potassium, phosphorus, vitamin C

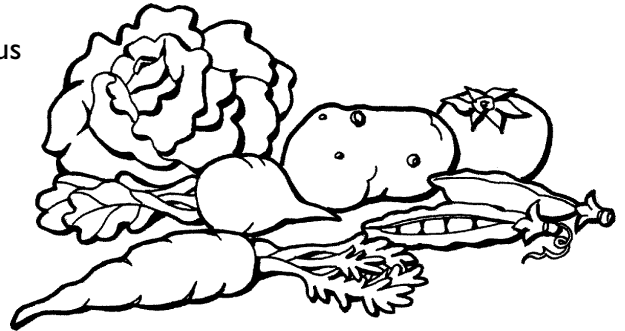
Eggplant: fiber, potassium, phosphorus

Asparagus: folate, vitamin C

Leek: fiber, calcium, potassium, magnesium, phosphorus

Tomato: vitamin C, vitamin A

Hot pepper: vitamin A, vitamin C, potassium



Iceberg lettuce: vitamin C, folate

Navy beans: fiber, potassium, folate

Enoki mushrooms: potassium, vitamins B

Artichoke: vitamin C, fiber, folate

Corn: fiber, vitamin C, folate

Hubbard squash: vitamin A, vitamin C, potassium, fiber

Vegetable: vitamins, minerals, fiber, complex carbohydrates

Eschalot (scallion): vitamin C

Garlic: nutrients that may protect against heart disease

Escarole (variety of salad greens): vitamin A, vitamin C, fiber

Turnip: vitamin C

Arugula (Italian cress): vitamin A

Beets: folate, vitamin A, vitamin C, vitamin B, magnesium

Lettuce: vitamin C, folate

Endive: folate

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To find out more, contact your parish agent.