

# Smart youth Choices



A Community Nutrition Education Program of  
the LSU AgCenter for Grades 5 - 8

## Health in Each Vegetable!

**H**earts of palm: dietary fiber, potassium, phosphorus, vitamin C

**E**ggplant: dietary fiber, potassium, phosphorus

**A**sparagus: folate, vitamin C, antioxidants

**L**eek: dietary fiber, calcium, potassium, magnesium, phosphorus

**T**omato: vitamin C, vitamin A, antioxidants (lycopene)

**H**ot pepper: vitamin A, vitamin C, potassium



Try a new vegetable every time you go to the grocery store or farmer's market.

Fruits and vegetables are loaded with vitamins, minerals, fiber, and phytochemicals. These nutrients help you stay healthy and prevent chronic diseases.

Remember, you can find health in each vegetable!



**I**ceberg lettuce: vitamin C, folate

**N**avy beans: dietary fiber, potassium, folate



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**noki mushrooms:** potassium, niacin, riboflavin

**rtichoke:** vitamin C, dietary fiber, folate

**orn:** dietary fiber, vitamin C, folate

**ubbard squash:** vitamin A (beta-carotene), potassium, dietary fiber, vitamin C

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**egetable:** vitamins, minerals, dietary fiber, complex carbohydrates

**schalot (scallion):** vitamin

**arlic:** phytochemicals

**scarole (variety of salad greens):** beta carotene, vitamin C, dietary fiber

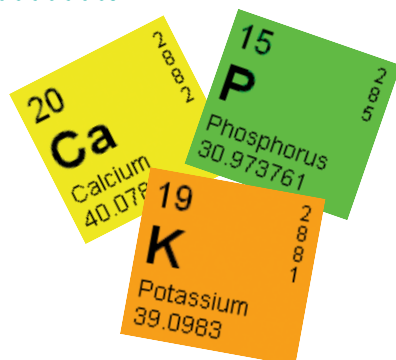
**urnip:** vitamin C

**rugula (Italian cress):** vitamin A

**eets:** folate, vitamin A, vitamin C, riboflavin, magnesium

**ettuce:** vitamin C, folate

**ndive:** folate



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