



# VEGETABLES

**Vegetables are good for you because:**

**Health benefits:**

Help reduce heart disease, type 2 diabetes, some types of cancer.  
 Help your body feel full because they contain a lot of fiber and water.

**Nutrients**

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

Help you have good blood pressure

**Potassium**

Eat tomato products such as sauce and paste, sweet potatoes, white beans, spinach, kidney beans, soybeans, white potatoes or white beans to get potassium, split peas or lentils.

Keep eyes and skin healthy  
 Help protect against infections

**Vitamin A**

Broccoli, carrots, sweet potatoes, sweet red peppers, peas, spinach, tomatoes, pumpkin

Help heal wounds and cuts  
 Keep gums and teeth healthy  
 Help the body absorb iron

**Vitamin C**

Asparagus, avocado, carrots, onions, peas, potatoes, sweet potatoes, squash, tomatoes

Provide a feeling of fullness  
 Help food move through the intestines  
 Help reduce blood cholesterol levels  
 Help lower risk of heart disease

**Dietary Fiber**

Dark green leafy vegetables such as spinach and broccoli, greens, cabbage, carrots, sweet potatoes, beans, garlic, onions

Help protect Vitamin A and Essential Fatty Acids

**Vitamin E**

Vegetable oils, wheat germ, sunflower seeds, green leafy vegetables such as spinach, and collard greens

Help the body form red blood cells

**Folic Acid**

Asparagus, broccoli, peas, beans, avocado, carrots, sweet potatoes