

Nutrients/ Vitamins	Body Benefit	Fruit/Vegetable Source
Fiber	Diets rich in fiber have been shown to have a number of beneficial effects including decreased risk of coronary heart disease.	Navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black-eyed peas, lentils, artichokes, and leafy-green vegetables
Folate	Healthful diets providing adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	Black-eyed peas, cooked spinach, great northern beans, asparagus
Potassium	Diets rich in potassium may help to maintain a healthy blood pressure.	Sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice
Vitamin A	Vitamin A keeps eyes and skin healthy and helps to protect against infections.	Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, red peppers, Chinese cabbage
Vitamin C	Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.	Red & green peppers, sweet potatoes, kale, broccoli, brussels sprouts, tomato juice, cauliflower

Based on information from the CDC: www.cdc.gov/nutrition/everyone/fruitsvegetables/nutrient-info.html

