

More Nutrients

Folate

- important for women who may become pregnant
- reduce the risk of having a baby with a brain or spinal cord problem

These foods have folate:

black eyed peas, cooked spinach, great northern beans, asparagus

Potassium

- healthy blood pressure

These foods have potassium:

sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

Vitamin A

- healthy eyes and skin
- protect against infections

These foods have vitamin A:

sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

Vitamin C

- heal cuts and wounds
- healthy teeth and gums

These foods have vitamin C:

red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower



