



THE NUTRITION MISSION

Nutrient Rich and Straight from the Source: Seek out Your Vitamin Values in Vegetables

Certain veggies are well known for passing along essential vitamins and minerals. Check out the chart below to learn the benefits of six key nutrient groups and which veggies will help you reap rich rewards.

Vitamin A	Vitamin B1, B2, B6, B12	Vitamin C
<p>Vitamin A not only supports healthy vision but it also helps us grow properly, promoting cell reproduction, bone growth and tooth development. It also helps us to maintain healthy skin and hair.</p> <p>Source:</p> <ul style="list-style-type: none"> • Orange and deep yellow vegetables, such as carrots, sweet potatoes, squash • Dark green leafy vegetables, such as kale, collards, spinach 	<p>The B vitamins are essential for the metabolism of food, which means helping to make energy and setting it free when your body needs it. It also plays an important role in the formation of red blood cells, the oxygen transporters of our body.</p> <p>Source:</p> <ul style="list-style-type: none"> • Leafy green vegetables • Legumes, beans, lima beans, and peas • Avocado, sweet potato, potatoes, artichoke, asparagus, green pepper 	<p>Vitamin C is one of the most important of all nutrients because it increases immunity and protects against infection. Vitamin C acts as an antioxidant, which fights free radicals - harmful elements that our body naturally produces - that weaken body tissues and muscles, causing aging and disease.</p> <p>Source:</p> <ul style="list-style-type: none"> • Leafy greens, such as romaine lettuce, turnip greens, spinach • Cabbage, cauliflower, green pepper
Vitamin K	Potassium	Vitamin B9 - Folate/Folic Acid
<p>Vitamin K helps to heal us when we get hurt as it plays a critical role in blood clotting. It also regulates blood calcium levels and activates important proteins involved in bone health.</p> <p>Source:</p> <ul style="list-style-type: none"> • Dark green leafy vegetables, such as collard greens, spinach and broccoli • Alfalfa 	<p>Our muscles and nervous system rely on Potassium to work properly. Additionally, it regulates water levels in our body – from our tissue, to our muscles to our blood - to make sure that they stay hydrated, but don't absorb too much water.</p> <p>Source:</p> <ul style="list-style-type: none"> • Baked white or sweet potato – with skins • Cooked greens, such as spinach, squash • Cooked dry beans, baked beans, legumes and lentils 	<p>Folate, or folic acid, aids the daily function of our bodies. Folic Acid is important for developing red blood cells and DNA, and supporting our nervous system. It also helps in maintaining normal brain function, which allows us to make actions, think clearly and carry conversations.</p> <p>Source:</p> <ul style="list-style-type: none"> • Dark-green leafy vegetables, like spinach and mustard greens, romaine lettuce • Cauliflower