

RADISH

Radish

Provides a great source of:

- potassium
- vitamin C
- folate
- fiber

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**Steps to
Health**
Supplemental Nutrition Assistance
Program Education (SNAP-Ed)

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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BEEETS

Beets

Provides a great source of:

- folate
- potassium
- iron
- vitamin C
- magnesium
- manganese
- phosphorous
- copper

Phytonutrients called Betalains give beets their rich red-violet color

Cook lightly by steaming to keep nutrients!

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BROCCOLI

Broccoli

Provides a great source of:

- vitamin C
- fiber
- beta-carotene
- folic acid
- calcium
- iron

Best way to prepare while keeping the most nutrients: blanching / quick steaming

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CABBAGE

Cabbage

Provides a great source of:

- fiber
- Beta-Carotene
- vitamin C
- vitamin K

Cabbage contains isothiocyanates compounds that break down during cooking and may contribute to a smelly egg odor!

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KALE

Kale

Provides a great source of:

- vitamin K
- beta-carotene
- vitamin C
- manganese
- calcium
- fiber

Kale is packed fiber! Fiber helps to control blood sugar levels

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LETTUCE

Lettuce

Provides a source of:

- vitamin C
- calcium
- iron
- fiber

The fiber is concentrated in the stems while the vitamins and minerals are in the leaf!

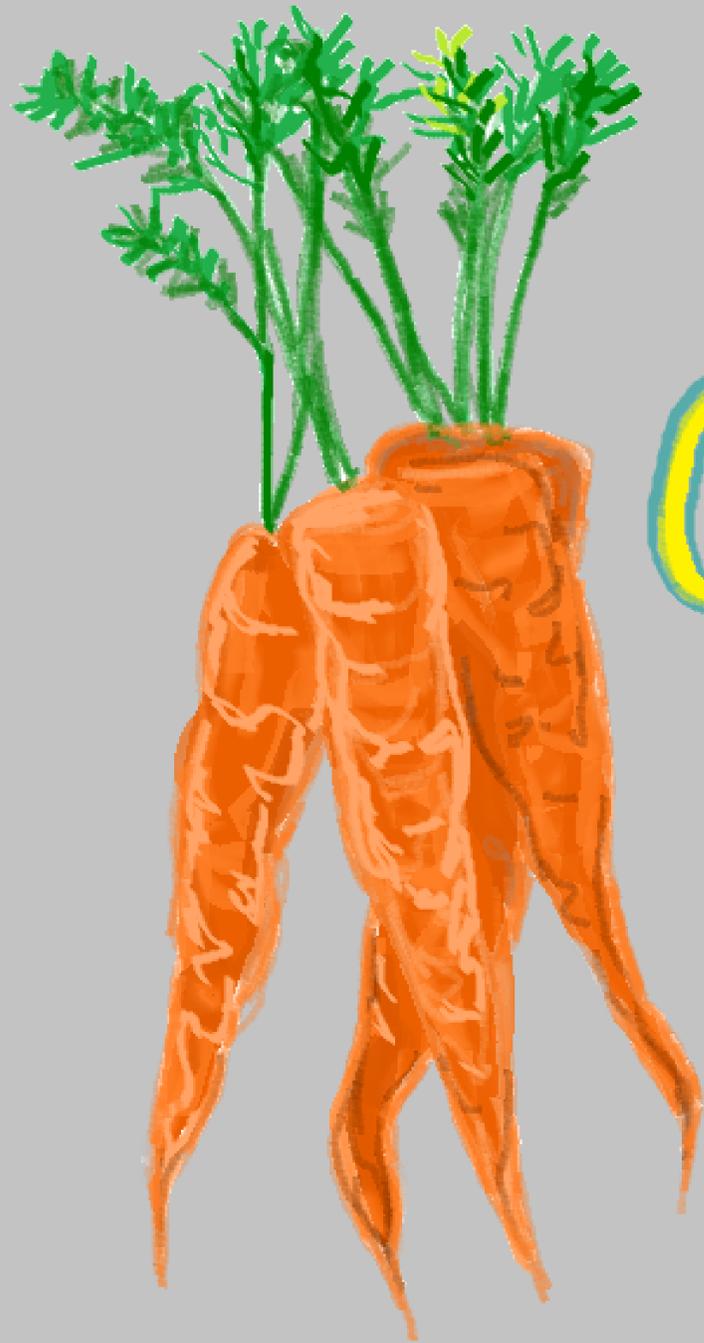
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CARROT

Carrot

Provides a great source of:

- beta-carotene
- biotin
- vitamin K
- fiber

1/2 cup of carrots provides enough beta-carotene to meet daily vitamin A requirements!

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CAULIFLOWER



Cauliflower

Provides a great source of:

- vitamin C
- vitamin K
- folate

Cauliflower also contains many antioxidants as well as fiber!

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SPINACH

Spinach

Provides a great source of:

- vitamin K
- vitamin A
- manganese
- folate
- magnesium
- iron

Spinach also contains omega-3 fatty acids!

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BRUSSEL
SROUTS

Brussel Sprouts

Provides a great source of:

- vitamin K
- vitamin C
- folate
- vitamin B6

They have tons of fiber! 4 grams per 1 cup

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