



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

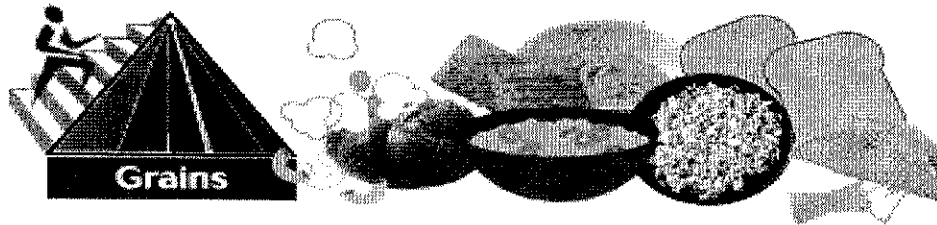
Help the body form red blood cells

Folic Acid

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

Source: MyPyramid.gov; Inside My Pyramid; Health Benefits and Nutrients of Vegetables

Topsfield Fair Education Department



GRAINS

Grains, especially whole grains, 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. This may help in weight management

Nutrients

Help provide dietary fiber, B vitamins (thiamin, riboflavin, niacin and folate) iron, magnesium and selenium

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

Dietary Fiber

Whole grains or non-processed grains
 Flours or pasta made from whole grains

Keeps eyes and skin healthy
 Protect against infections

Vitamin B

Grain products either whole or fortified (vitamins added)

Carry oxygen in the blood

Iron

Wheat, cereals, pasta and white rice to which iron has been added back after processing the whole grain

Help the body form red blood cells

Folic Acid

Cereals, breads, rice, pasta that has Folic acid added back after processing the whole grain (fortified)

Help build bones
 Help release energy from muscles

Magnesium

Whole grain foods such as whole grain bread or oatmeal

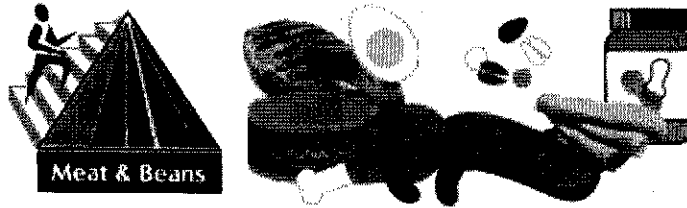
Help with immune system

Selenium

Plants and grains grown in areas with selenium in the soil: wheat, corn, rice, oats, barley

*Make half the grains you consume whole (using whole grain sources). The food label should list the whole grain source as the first or main ingredient.

Source: MyPyramid.gov; Inside My Pyramid; Health Benefits and Nutrients of Grains



Meat & Beans

Meat & Beans are good for you because:

Health benefits:

Provide building blocks for muscles, skin, cartilage, bones, blood, hormones and enzymes.

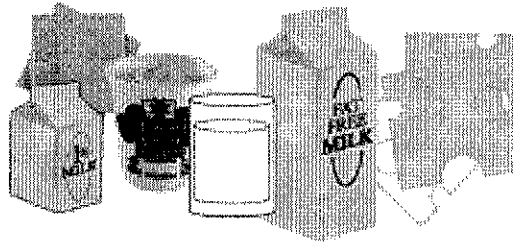
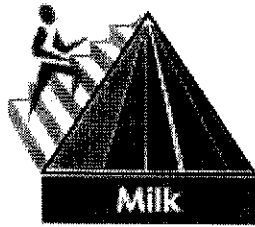
Nutrients

Provide needed protein, iron, B Vitamins, Vitamin E, Zinc and Magnesium.

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|---|------------------|--|
| <p>Help build muscle, skin, cartilage, bones, blood, hormones and enzymes</p> | Proteins | <p>Lean meats, poultry, fish, beans, eggs, nuts</p> |
| <p>Help build tissues, Help the body release energy, are needed for the nervous system to work Help form red blood cells Helps the body absorb iron</p> | Vitamin B | <p>Lean meats, poultry, fish, beans, eggs, nuts</p> |
| <p>Help protect Vitamin A and Essential Fatty Acids</p> | Vitamin E | <p>Egg yolk, nuts, sunflower seeds</p> |
| <p>Help carry oxygen to the blood Needed to help form energy</p> | Iron | <p>Lean meats, dark meat from poultry, fish, tuna, eggs, sunflower seeds, nuts</p> |
| <p>Help the immune system work Help build proteins Help build DNA</p> | Zinc | <p>Lean meats, nuts, poultry, and fish such as lobster, crab, and oysters</p> |
| <p>Used in building bones Used in releasing energy from muscles</p> | Magnesium | <p>Lean red meat, nuts</p> |

Source: MyPyramid.gov; Inside My Pyramid; Health Benefits and Nutrients of Meat & Beans

Topsfield Fair Education Department



MILK

Milk is good for you because:

It helps you build
healthy teeth

Calcium



It helps you build
healthy bones

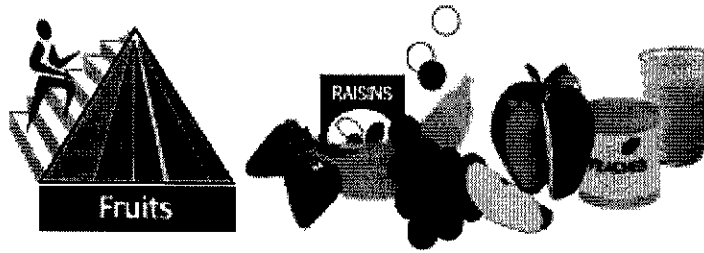
**Calcium &
Vitamin D**



It helps you have good
blood pressure

Potassium





FRUIT

Fruits are good for you because:

Health benefits:

Help reduce heart disease, type 2 diabetes, and 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.

| | | |
|--|-----------------------------|--|
| <p>Helps you have good blood pressure</p> | <p>Potassium</p> | <p>Bananas, cantaloupe, honey dew, prunes, orange juice, dried peaches and apricots</p> |
| <p>Helps heal wounds and cuts Keeps gums and teeth healthy Helps the body absorb iron</p> | <p>Vitamin C</p> | <p>Strawberries, citrus fruits such as lemon, lime, oranges, grapefruit, watermelon, cantaloupe, peaches, apples, and grapes</p> |
| <p>Provide a feeling of fullness Helps food move through the intestines Helps reduce blood cholesterol levels Helps lower risk of heart disease</p> | <p>Dietary Fiber</p> | <p>Whole or cut up fresh fruits Juices do not contain any fiber except orange juice with pulp</p> |
| <p>Helps protect Vitamin A and Essential Fatty Acids</p> | <p>Vitamin E</p> | <p>Blackberry, banana, apple, kiwi</p> |
| <p>Helps the body form red blood cells</p> | <p>Folic Acid</p> | <p>Orange, strawberry, cantaloupe, blackberry, kiwi</p> |