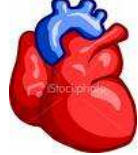




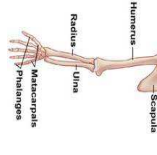


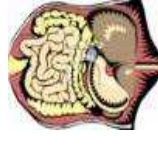















































VEGETABLE NUTRITIONAL CHART – HEALTH BENEFITS BY VEGETABLE GROUPS

	Vegetable Groups									
Example	BENEFITS →	Heart & Blood	Eye Sight	Prenatal Baby Health	Strong Muscles	Intelligence Nerves	Strong Bones	Fights Infections	Strong Teeth	Digestive System
	Carrots									
	Beets Radishes									
	Tomatoes									
	Peppers Cauliflower									
	Green Vegetables Broccoli									
	Okra									
	Lentils Green Beans Peas									
	Cucumbers Squash Pumpkins Melons	