## **VEGETABLE NUTRITIONAL CHART – HEALTH BENEFITS BY VEGETABLE GROUPS**

	Vegetable Groups	Strc 30 p.	<b>*</b>		Pole 3		Clavicia Scapula Humarus — Radius — Ulma Radius — Phalanges			
Example	BENEFITS -	Heart & Blood	Eye Sight	Prenatal Baby Health	Strong Muscles	Intelligence Nerves	Strong Bones	Fights Infections	Strong Teeth	Digestive System
	Carrots	0 0	0 0					0 0	0 0	
	Beets Radishes	0 0		0 0	0 0		0 0			
	Tomatoes	0 0	0 0			0 0	0 0	0 0	0 0	
	Peppers Cauliflower				0 0			0 0	0 0	
	Green Vegetables Brocolli	0 0		0 0		0 0	0 0	0	0 0	0 0
人	Okra	0 0	0 0	0 0	0 0		0 0	0 0	0 0	0 0
	Lentals Green Beans Peas	0 0	0 0	0 0				0 0	0 0	
	Cucumbers Squash Pumpkins Melons	0 0	0 0	0 0			0 0	0 0	0 0	