Other Vegetables

**Health Benefits**
- Blood Pressure Control
- Cancer Risk Reduction
- Heart Disease Risk Reduction
- Improves Digestion
- Weight Management

**Nutrients**
- Fiber
- Potassium
- Vitamin C
- Vitamin K

**Food Sources**
- Okra
- Avocado
- Onion
- Mushrooms
- Zucchini
- Cauliflower
- Green Beans
- Cucumber