

Starchy Vegetables

Health Benefits

Blood Pressure Control

Cancer Risk Reduction

Heart Disease Risk Reduction

Improves Digestion

Nutrients

B Vitamins

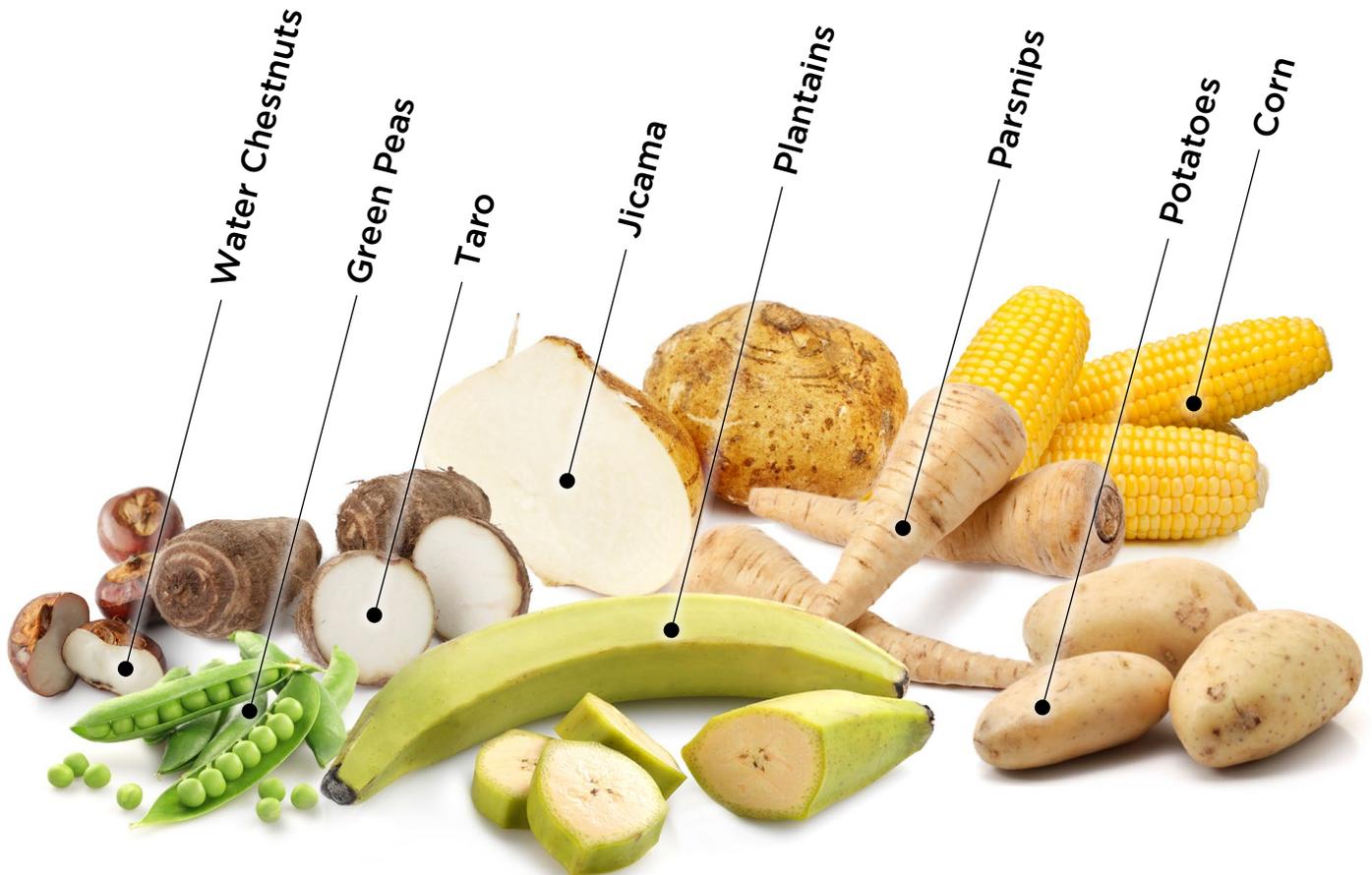
Fiber

Magnesium

Phosphorus

Potassium

Vitamin C



Food Sources

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