



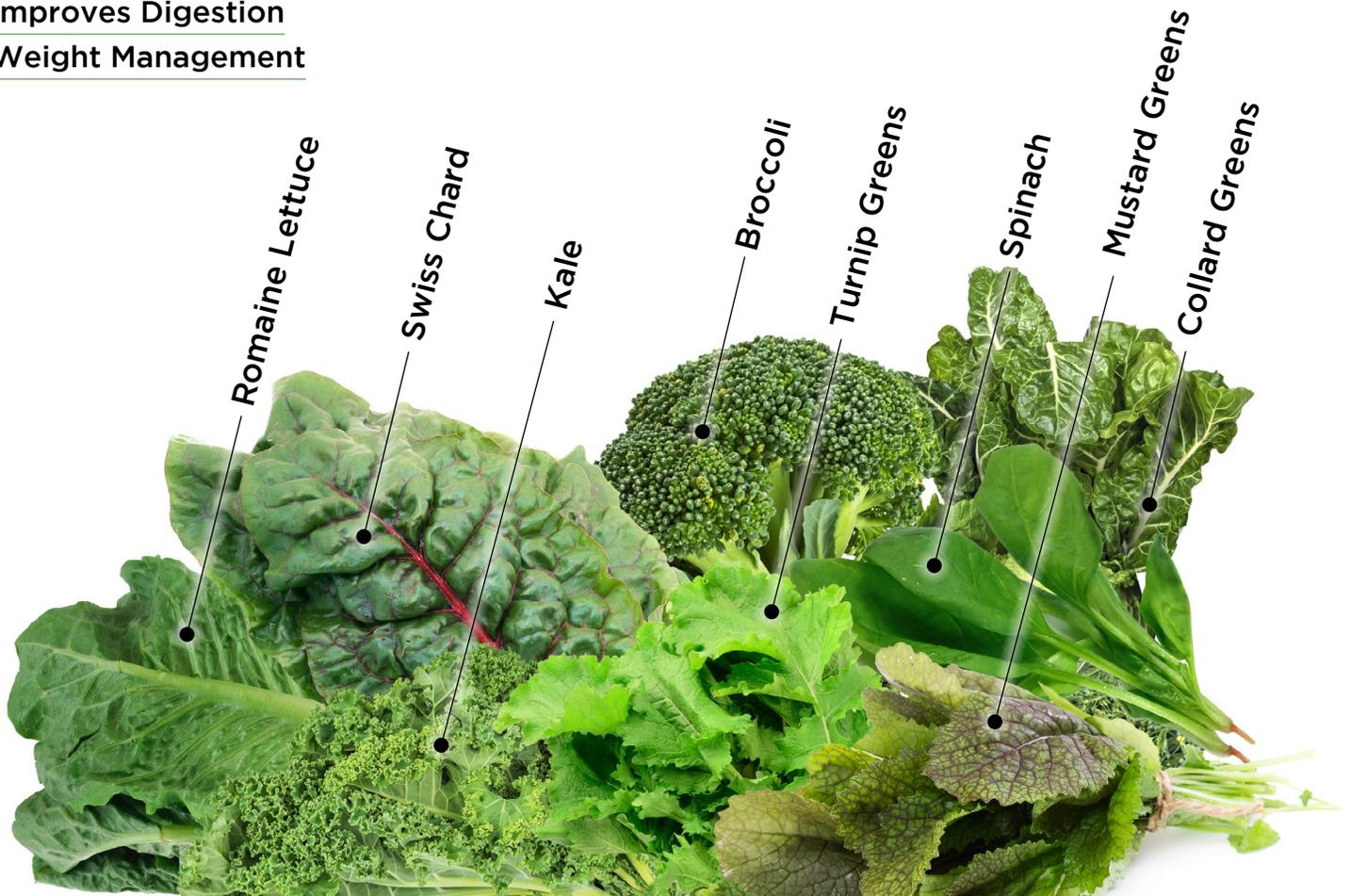
Dark Green Vegetables

Health Benefits

Blood Pressure Control
Bone Growth and Development
Cancer Risk Reduction
Heart Disease Risk Reduction
Improves Digestion
Weight Management

Nutrients

<u>B Vitamins</u>	<u>Magnesium</u>	<u>Vitamin C</u>
<u>Calcium</u>	<u>Potassium</u>	<u>Vitamin E</u>
<u>Fiber</u>	<u>Vitamin A</u>	<u>Vitamin K</u>
<u>Iron</u>		



Food Sources

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Suggested Reference Citation:
Institute of Child Nutrition. (2023). *Meal pattern mini-poster. Dark green vegetables: Health benefits, nutrients, and food sources.* University, MS: Author.

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02/28/2023