



# Other Vegetables

## Health Benefits

Blood Pressure Control

Cancer Risk Reduction

Heart Disease Risk Reduction

Improves Digestion

Weight Management

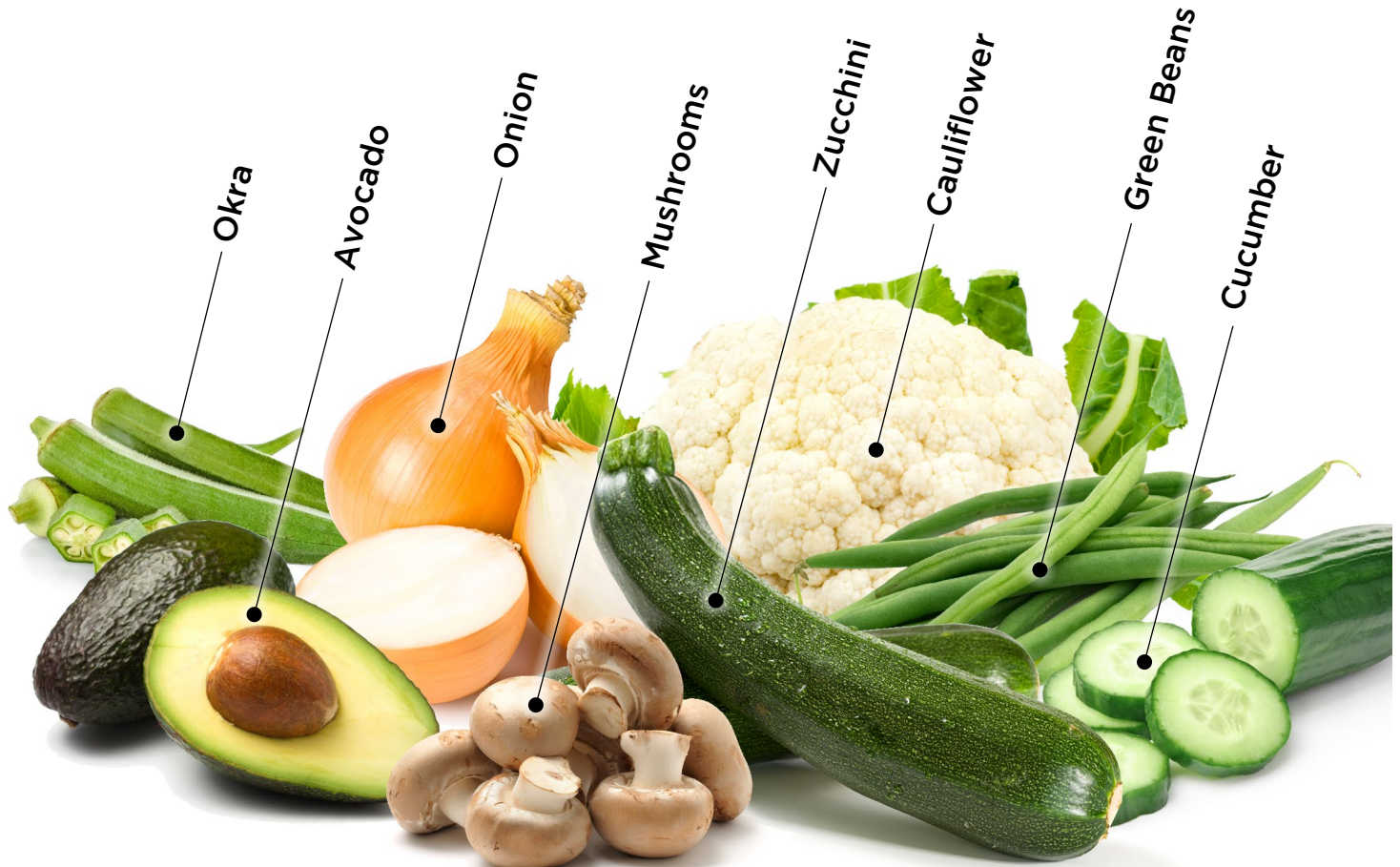
## Nutrients

Fiber

Potassium

Vitamin C

Vitamin K



# Food Sources

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

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