



Red/Orange Vegetables

Health Benefits

- Blood Pressure Control
- Cancer Risk Reduction
- Healthy Eyes, Teeth, and Gums
- Heart Disease Risk Reduction
- Improves Digestion
- Weight Management

Nutrients

- Fiber
- Potassium
- Vitamin A
- 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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Suggested Reference Citation:
Institute of Child Nutrition. (2023). *Meal pattern mini-poster. Red/orange vegetables: Health benefits, nutrients, and food sources.* University, MS: Author.

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02/28/2023