

VEGGIES WITH BENEFITS

TOP 5 FOLATE



Frisée
Asparagus
Romaine lettuce
Spinach
Turnip greens

TOP 5 BETA-CAROTENE



Sweet potato
Pumpkin
Carrots
Mustard greens
Spinach

TOP 5 FIBER



Artichoke
Peas
Avocado
Lima beans
Jicama

TOP 5 LUTEIN



Spinach
Swiss chard
Mustard greens
Turnip greens
Radicchio

TOP 5 VITAMIN C



Red bell pepper
Broccoli
Green bell pepper
Green chili pepper
Brussels sprouts

TOP 5 MAGNESIUM



Spinach
Swiss chard
Lima beans
Artichoke
Peas

TOP 5 POTASSIUM



Sweet potato
Lima beans
Swiss chard
Spinach
Portobello mushrooms

TOP 5 VITAMIN K



Mustard greens
Spinach
Kale
Collard greens
Turnip greens