

## Colorful Vegetables A-K

Each vegetable color provides its own unique flavor, texture, and nutrition. Look for lots of color in your shopping bag and on your plate. When you get accustomed to a colorful plate, you will notice when it looks a little bland, and wonder what colors you want to add. Color is fun! Enjoy a rainbow of colorful vegetables. Here is a sampling.

Vitamin A beta carotene helps form healthy teeth and bones and ward off bacterial and viral infections.

Sweet potato	Spinach
Carrots	Kale
Pumpkin	Collard greens
Peppers	Green beans
Dark green cabbage	Purple carrots
Dark green lettuce	Tomato

Vitamin B (folate) helps your brain function and supports your metabolism. Eat raw or steam to maintain the most folate.

Peppers  
Spinach  
Collard greens  
Turnip greens  
Romaine lettuce  
Green beans  
Tomatoes

Vitamin C helps you heal and protects against infections.

Tomatoes	Spinach	Brussel Sprouts
Red Potatoes	Kale	Green Beans
Red Cabbage	Mustard greens	Pumpkin
Broccoli	Chard	Sweet Potato
Artichoke	Brussel Sprouts	Peppers
Zucchini	Asparagus	Carrots

Vitamin E protects your cells and helps you use vitamin K to repair muscle cells.

Green leafy vegetables  
Spinach  
Swiss Chard  
Bell peppers  
Asparagus  
Peppers

Vitamin K helps prevent excessive bleeding and maintain strong bones.

Kale	Broccoli
Spinach	Brussel
Romaine lettuce	sprouts
Parsley	Asparagus
Collard greens	Green beans
Swiss chard	Tomato
Turnip greens	Carrots
Mustard greens	

Calcium maintains strong bones and teeth.

Peppers  
Green beans

Fiber is important for digestion.

Eggplant  
Brussels sprouts  
Asparagus  
Broccoli  
Peas  
Green Beans  
Zucchini  
Sweet Potato  
Carrots

Iron gives you energy.

Brussel Sprouts  
Green Beans

Phytochemicals are good for your brain.

Carrots

Potassium helps your muscles move smoothly.

Tomato  
Carrots

Protein fuels your energy and helps fight off infections.

Peas (iron, zinc & niacin (B3))

Resources for Learning More About the Importance of Vegetables in Your Diet

Great Foods for Getting Vitamins A to K in Your Diet

<https://www.healthline.com/health/foods-nutrition-vitamins-a-b-c-d-e-k#stock-up>

What Fruits and Vegetables Are in Season?

<https://fruitsandveggies.org/stories/what-fruits-and-vegetables-are-in-season/The>

14 Healthiest Vegetables on Earth

<https://www.healthline.com/nutrition/14-healthiest-vegetables-on-earth>

Benefits of Brussels Sprouts

[https://www.healthline.com/nutrition/benefits-of-brussels-sprouts#TOC\\_TITLE\\_HDR\\_2](https://www.healthline.com/nutrition/benefits-of-brussels-sprouts#TOC_TITLE_HDR_2)

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