

# HEALTHY HABITS



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THE CHILDREN'S CENTER



PARRISH  
MEDICAL CENTER

## Go Green!

## Parent Tip Sheet #16



Fewer than 10% of Americans eat the recommended amount of fruits and vegetables. Even fewer choose to eat the right amount of those that are green in color. From avocados to zucchini, we don't realize just how beneficial these nutrient packed foods are!

**Avocado:** High in good mono-saturated fat, avocados have been linked to reduced risk of cancer, heart disease and diabetes



**Kiwi:** Don't underestimate this small fruit. It has 203% the Daily Value (DV) of vitamin C and more potassium than a banana!

**Green Pepper:** Vitamin C, K, and beta carotene make green peppers an excellent choice!



**Asparagus:** Contains vitamin A, C, K, and is a good source of fiber and protein. Asparagus also contains insulin, a pro-biotic that promotes digestive health.

**Peas:** Fat free, cholesterol free, and sodium free. Peas are a good source of vitamins C and A, and dietary fiber.





**Broccoli:** This veggie is widely accepted as one of the most-healthy vegetables. It has been linked with cancer prevention, cholesterol reduction as well as bone and heart health.

**Green Apples:** Apples are high in fiber and do not have any cholesterol. They are also a source of pectin, protein, calcium, carbohydrates, sodium, magnesium, potassium, phosphorus, zinc and iron.



**Honeydew Melon:** One serving of this sweet melon contains 52% DV of vitamin C! It also has potassium and is low in calories.

**Green Grapes:** Green grapes are in season year-round. They are rich in carbohydrates and low in saturated fat. They also contain no cholesterol or sodium and are a great snack food.



**Zucchini:** Zucchini is a low-calorie vegetable that also provides a source of protein, fiber, potassium, beta-carotene and vitamin C.

**Did you know?** Super greens can help boost your immune system. They are powerful antioxidants that can help you grow and have many another health benefits as well.



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