

























# What Does Your Food Do For You?

Nutrient	Function	Sources			
Vitamin A	<ul style="list-style-type: none"> <li>Night vision</li> <li>Healthy skin</li> <li>Antioxidant</li> </ul>	 Carrot	 Sweet Potato	 Butternut Squash	 Cantaloupe
Calcium	<ul style="list-style-type: none"> <li>Strong bones and teeth</li> </ul>	 Broccoli	 Spinach	 Kale	 Bok Choy
Vitamin C	<ul style="list-style-type: none"> <li>Heals cut and bruises</li> <li>Fights infection</li> </ul>	 Orange	 Strawberry	 Tomato	 Red Pepper
Folic Acid	<ul style="list-style-type: none"> <li>Normal fetal development</li> <li>Blood cell production</li> </ul>	 Beans	 Spinach	 Strawberry	 Peas
Potassium	<ul style="list-style-type: none"> <li>Muscle contraction</li> <li>Maintains normal blood pressure</li> </ul>	 Banana	 Raisins	 Tomato	 Potato
Iron	<ul style="list-style-type: none"> <li>Prevention of anemia</li> <li>Delivers oxygen to cells</li> </ul>	 Broccoli	 Romaine	 Kidney Beans	 Black Beans