

**DARK LEAFY**

**GREEN**

eat 4-5 times each week

(2-3 cups)

**VEGETABLES**

**Orange  
Vegetable  
S**

**EAT 3-4 TIMES EACH WEEK  
(1 ½ - 2 CUPS)**

# **Starchy and Other Vegetables**

**EAT OFTEN**

# LEGUMES

eat 2-3 CUPS EACH WEEK

**WHAT IS MY NAME?**  
**GREENS**

**COLLARD**

**(100MG CALCIUM IN 1/2 CUP  
COOKED)**

**WHAT IS MY NAME?**  
**GREENS**  
**CALCIUM IN 1/2 CUP COOKED)**

**TURNIP**

**(100MG**

**WHAT IS MY NAME?**  
**1/2 CUP COOKED)**

**BOI CHOY**  
**(80MG CALCIUM IN**

**What is my name?**

**SWISS CHARD**

**(50MG CALCIUM in 1/2 CUP  
COOKED)**

**What is my name?**

**kale**

**CUP COOKED)**

**(50MG CALCIUM in 1/2**

**WHAT IS MY NAME?**

**BROCCOLI**

**(50MG CALCIUM IN 1/2 CUP  
COOKED)**

**WHAT TYPE OF  
WINTER SQUASH AM I?**

**THERE ARE MANY DIFFERENT TYPES OF  
WINTER SQUASH. THIS IS A \_\_\_\_\_ . IT  
CAN BE COOKED AND EATEN AS A  
VEGETABLE OR MADE INTO SOUP.**

## WHICH ONE IS A SWEET POTATO?

IN THE U.S. TWO VARIETIES (KINDS) OF SWEET POTATOES ARE COMMON—A DRY, LIGHT YELLOW COLORED SWEET POTATO AND A MOISTER, DARK-ORANGE COLORED SWEET POTATO. THE DARKER THE COLOR, THE MORE NUTRIENTS IT HAS. CHOOSE DARK-ORANGE SWEET POTATOES WHENEVER POSSIBLE BECAUSE THEY HAVE MUCH MORE VITAMIN A THAN THE LIGHTER COLORED ONES. THE ORANGE-COLORED VARIETY OF SWEET POTATO IS OFTEN CALLED "YAM" IN THE U.S. EVEN THOUGH THEY ARE NOT TRUE YAMS. BOTH VARIETIES OF SWEET POTATOES GROW IN WARM CLIMATES SUCH AS THE SOUTHEASTERN U.S. THEY TAKE ABOUT 3-4 MONTHS TO GROW AND WEIGH ABOUT ONE-HALF POUND EACH. SWEET POTATOES CAN BE EATEN RAW, BUT THEY ARE USUALLY COOKED AND EATEN AS A VEGETABLE SIDE DISH OR USED IN PLACE OF PUMPKIN IN A PIE.

## WHERE'S THE YAM?

TRUE YAMS ARE NOT GROWN IN THE U.S. GROCERY STORES TEND TO CALL THE DARK-ORANGE VARIETY OF SWEET POTATO VARIETIES A "YAM" BUT IT IS NOT REALLY A YAM. YAMS ARE NATIVE TO WEST AFRICA AND ASIA. IT TAKES

ABOUT 6-12 MONTHS FOR A YAM TO GROW. A YAM IS TYPICALLY SEVERAL FEET LONG AND CAN WEIGH 100 POUNDS. BECAUSE IT IS SO BIG, A YAM IS USUALLY CUT UP AND SOLD IN CHUNKS. A YAM TASTES STARCHY, NOT SWEET. SOME YAMS ARE POISONOUS UNLESS THEY ARE COOKED.

STARCHY VEGETABLES INCLUDE WHITE POTATOES, SWEET POTATOES, CORN, GREEN PEAS, AND WINTER SQUASH.

MOST STARCHY VEGETABLES HAVE ONLY SMALL AMOUNTS OF NUTRIENTS. THE ORANGE-COLORED ONES, SUCH AS WINTER SQUASH, ARE AN EXCEPTION—THEY ARE RICH IN VITAMIN A.

TOMATOES GET THEIR RED COLOR FROM A PHYTOCHEMICAL CALLED LYCOPENE. LYCOPENE HELPS PREVENT SOME TYPES OF CANCER.

BELL PEPPERS ARE RICH IN VITAMIN C.

ONIONS AND GARLIC CAN HELP KEEP YOUR HEART HEALTHY.

**Leafy Lettuce Has more  
nutrients  
than iceberg lettuce. Choose  
romaine or other leafy  
lettuces to  
make your salads. That way,  
you'll  
get more vitamins and  
minerals for  
your money.**

**Cabbage and cauliflower  
belong  
to the cruciferous family of  
vegetables. These  
vegetables help prevent  
certain cancers.**

**Iron carries oxygen to your  
brain  
and muscles. Students aged  
9-13 years old need 8  
milligrams  
of iron every day.**

**One-half cup of dry beans  
has  
about 2 milligrams of iron.**

**a 3-ounce portion of beef has  
about 2-3 milligrams of iron.**

## **LENTILS**

**LENTILS FIRST GREW IN  
SOUTHWEST ASIA, ABOUT 9,000  
YEARS AGO. LENTILS CAN BE  
USED TO MAKE SOUP, SALAD OR  
PATTIES.**

## **PEAS**

**PEAS, SUCH AS SPLIT PEAS,  
STARTED IN THE MIDDLE EAST  
ABOUT 8,000 YEARS AGO. USE  
THESE TO MAKE SPLIT PEA SOUP.**

## **CHICK PEAS (GARBANZOS)**

**CHICK PEAS (GARBANZOS) COME FROM THE MIDDLE EAST ABOUT 7,000 YEARS AGO. GARBANZO BEANS ARE USED TO MAKE HUMMUS, A MIDDLE EASTERN BEAN SPREAD/DIP.**

## **SOYBEANS**

SOYBEANS FIRST APPEARED IN ASIA ABOUT 3,000 YEARS AGO. WHEN MOST BEANS GROW, THEY STORE PROTEIN AND STARCH FOR YOU TO EAT. SOYBEANS STORE PROTEIN AND FAT INSTEAD. SOYBEANS ARE HIGH IN OIL, A HEALTHY TYPE OF FAT. SO MANY ARE GROWN FOR THEIR OIL. THE OIL IS PRESSED OUT OF SOYBEANS TO MAKE SOYBEAN OIL WHICH IS USED IN COOKING.

## **COMMON BEANS**

COMMON BEAN. THE COMMON BEAN STARTED IN CENTRAL AND SOUTH AMERICA ABOUT 3,000 YEARS AGO. IT WAS BRED INTO MANY DIFFERENT VARIETIES SUCH AS KIDNEY BEANS, BLACK BEANS, AND PINTO BEANS. THESE BEANS CAN BE USED IN CHILI, BURRITOS AND MANY BEAN AND RICE DISHES.

**"WHERE DID I COME FROM  
& HOW OLD AM I?"**

**"WHAT IS MY NAME?"**