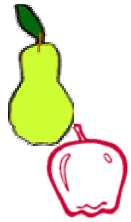


# 10 Super Foods for the Holidays



## 1 Apples and Pears

Rich in vitamins, fiber and other things for good health. Perfect for holiday desserts and fruit bowls.

## 2 Brussels Sprouts, Turnips

These and other related vegetables like cabbage, cauliflower and bok choy are tasty, nutritious and help prevent cancer.

## 3 Broccoli

Lots of vitamin C, vitamin A, and folic acid. A favorite super star vegetable!

## 4 Carrots

Low in cost and rich in vitamin A and other nutrients for good health.

## 5 Dried Beans

Low in cost, low in fat, and rich in protein, iron, folic acid, and fiber. Choose lentils, black beans, navy beans or others, and baked beans.

## 6 Citrus Fruits

Always available, great tasting, and rich in vitamin C, folic acid, and fiber.

## 7 Cranberries

Tasty and pretty to look at, cranberries also keep your body healthy in special ways. They'll keep in your freezer for up to 1 year.

## 8 Pumpkin, Winter Squash

Very nutritious and delicious, rich in Vitamin A and fiber. A seasonal favorite!

## 9 Nuts

Heart-healthy and delicious. Nuts are high in protein. Watch for sale prices during the holiday season.

## 10 Poultry

High in protein, vitamins and minerals, and low in fat. A good buy and always a favorite on the holiday table!



(Adapted from the Center for Science in the Public Interest)

Funded by the Rhode Island Department of Human Services and Food and Consumer Service, U. S. Department of Agriculture. University of Rhode Island, United States Department of Agriculture and local governments cooperating. Cooperative Extension in Rhode Island provides equal opportunities in programs and employment without regard to race, color, national origin, sex or preference, creed or

**Good Food. No Charge.**

**For information on how to save money on food, call 1-877-FOOD-URI**