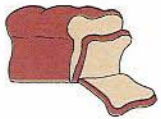


# 10 Super Foods To Eat for Good Health



## 1 Sweet Potatoes

A super star!! Sweet potatoes are one of the healthiest vegetables you can eat—loaded with vitamins A and C, potassium, and fiber.



## 2 Whole Grain Bread

Look for “100% whole wheat” on the label. It is higher in fiber, vitamins and minerals than regular white or wheat bread.



## 3 Broccoli

Lots of vitamin C, vitamin A, and folic acid.



## 4 Watermelon

Excellent source of vitamin C and more, and it tastes great, too!!



## 5 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 Cantaloupe

Delicious, and very rich in vitamin A and vitamin C.



## 7 Spinach and Kale

Full of vitamin C, vitamin A, calcium, iron, and fiber.



## 8 Oranges

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



## 9 Oatmeal

Buy old-fashioned or quick oats (not instant) for a low-cost whole grain without added salt or fat.



## 10 Milk: Fat-free (Skim) or Light (1%) (not 2%)

Excellent source of calcium, vitamins, and low-fat protein.



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

**Good Food. No Charge.**

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

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