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Vegetables Are Good for You Handouts - Expanded Nutrition & Family Programs
Michigan State University
Cooperative Extension Service
January 1981
2 pages

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Expanded Nutrition & Family Programs



Vegetables Are Good for You (H)

Eat 4 or more servings of vegetables or fruits every day.

Vegetables give you VITAMINS and MINERALS for growth. They help keep the body working properly.

Some vegetables—dried peas, beans, lentils, and soybeans—give you protein. They are used for growth and repair of the body. When eaten with bread, eggs or milk, they replace meat in a meal.

Vegetables contain FIBER. Fiber helps your body get rid of wastes.

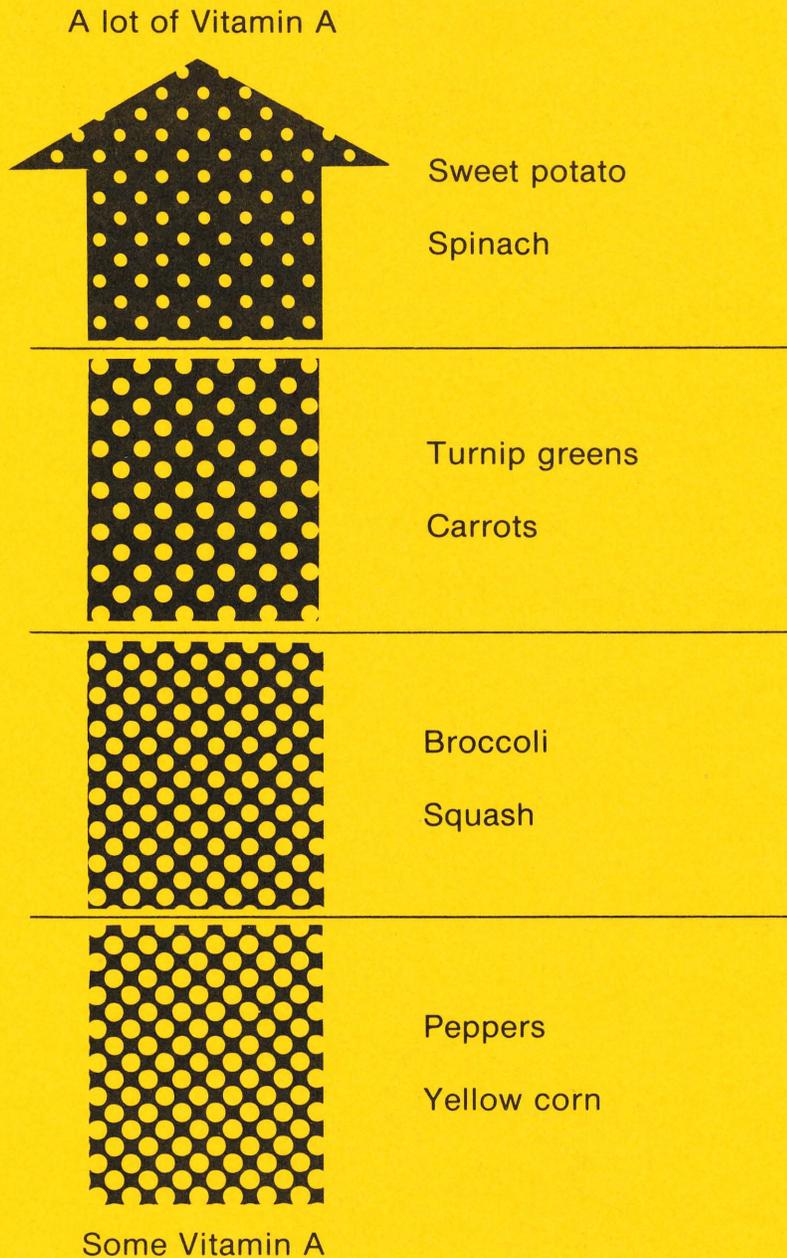
Name a vegetable your family could eat to get vitamin A. _____

Name 2 vegetables you ate yesterday.

Name 2 vegetables you might eat tomorrow.



Eat Vitamin A Food at Least Every Other Day



Other foods—liver and yellow fruits—provide vitamin A, too.

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Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Gordon E. Guyer, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

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1P-3M-1:81-UP, Price 10 cents. Single copy free to Michigan residents.

O-12697

Michigan State University Printing