Dietitian's Choice
August

Benefits & Facts
High in Vitamins & Minerals - folate, manganese, potassium, iron, & vitamin C

Betanin is the plant pigment that gives beets their dark purple color

Beets come in more than one color! You can buy red, yellow & orange varieties
Kale

Benefits & Facts

Rich source of Vitamin A, which helps your skin & eyes stay healthy

Packed with antioxidants to keep your immune system running

Tip: Mix kale with other leafy greens to add more texture & flavor to your salad
Dietitian’s Choice

October

Apples

Benefits & Facts

Great source of fiber - soluble & insoluble

Fantastic portable snack or topping to your favorite salad

Tip: To keep sliced apples from turning brown by tossing them in orange juice. The vitamin C from oranges is an antioxidant.
Sweet potatoes are high in fiber, vitamin C, vitamin A, potassium, pantothenic acid, niacin, vitamin B6, magnesium & copper.

They contain powerful carotenoids that act as antioxidants protecting the body - alpha-carotene, beta-carotene, lutein, and zeaxanthin.