



# P.A.C.K.

## PACK ASSORTED COLORS FOR Kids!



### Why Do You\* Need These Vitamins and Minerals?

\*Recommendations based on the Daily Recommended Intake (DRI) for 9-13-year-olds

#### VITAMIN/MINERAL

... and its FUNCTION:

#### ☆ VITAMIN A (Beta Carotene)

Gives orange fruits and veggies their brilliant color and is a compound the body turns into vitamin A to help support healthy vision.

#### GREAT SOURCES:

- Apricots (4 fresh whole)
- Arugula (4 cups)
- Broccoli (1 medium stalk)
- Cantaloupe (½ cup)
- Mango (½ mango)
- Carrots (7" x 1¼")
- Collard greens (2 cups)
- Grapefruit (½ medium)
- Spinach (1½ cups shredded)
- Sweet potato (1 medium)
- Tomato (1 medium)
- Watermelon (2 cups or 1/10 of medium melon)

#### GOOD SOURCES:

- Endive (¾ cup)
- Nectarine (1 medium)
- Peach (1 medium)
- Prunes (5 dried)
- Tangerine (1 medium)
- Okra (seven 3-inch pods or ¾ cup)
- Winter squash (½ cup)

#### ☆ VITAMIN C

Acts as an antioxidant, helps support healthy wound healing and can promote a healthy immune system.

- 100% grape juice
- Arugula (4 cups)
- Asparagus (5 spears)
- Banana (1 medium)
- Bell pepper (1 medium)
- Blackberries (1 cup)
- Blueberries (1 cup)
- Broccoli (1 medium stalk)
- Cantaloupe (½ cup)
- Cauliflower (1/6 medium head or 1 cup)
- Cherries (1 cup fresh)
- Collard greens (2 cups)
- Grapefruit (½ medium)
- Green beans (¾ cup)
- Green cabbage (1/12 medium head or 1 cup)
- Kiwifruit (2 medium)
- Leek (1 leek or 1 cup)
- Lime (1 medium)
- Mango (½ mango)
- Okra (seven 3-inch pods or ¾ cup)
- Orange (1 medium)
- Papaya (½ medium fruit)
- Peach (1 medium)
- Pineapple (2 fresh slices)
- Plums (2 medium)
- Pomegranate (1 medium)
- Potato (1 medium)
- Radish (7 radishes)
- Raspberries (1 cup)
- Spinach (1½ cups shredded)
- Strawberries (8 medium or 1 cup)
- Summer squash (½ medium squash)
- Sweet potato (1 medium)
- Tangerine (1 medium)
- Tomato (1 medium)
- Watermelon (2 cups or 1/10 of medium melon)
- Winter squash (½ cup)

- Apple (large)
- Artichoke (1 edible portion)
- Avocado (½ cup)
- Carrots (7" x 1¼")
- Cranberries (½ cup)
- Grapes (½ cup)
- Lima beans (½ cup)
- Nectarine (1 medium)
- Onion (1 medium)
- Pear (1 medium)
- Peas (½ cup)

#### ☆ VITAMIN E

Works as an antioxidant to support overall health.

- Broccoli (1 medium stalk)

- Blueberries (1 cup)
- Collard greens (2 cups)
- Kiwifruit (2 medium)
- Mango (½ mango)
- Nectarine (1 medium)
- Olives (½ cup)
- Papaya (½ medium fruit)
- Peach (1 medium)
- Spinach (1½ cups shredded)

#### ☆ IRON

Helps support healthy red blood cells to carry oxygen throughout the body.

- Black beans (½ cup)
- Chick peas (½ cup)
- Great Northern beans (½ cup)
- Kidney beans (½ cup)
- Leek (1 leek or 1 cup)
- Lima beans (½ cup)
- Olives (½ cup)
- Spinach (1½ cups shredded)

- Artichoke (1 edible portion)
- Apricots (4 fresh whole)
- Arugula (4 cups)
- Beets (1 medium beet or ¾ cup)
- Blackberries (1 cup)
- Broccoli (1 medium stalk)
- Dates (½ cup fresh)
- Figs (2 dried)
- Peas (½ cup)
- Potato (1 medium)
- Prunes (5 dried)
- Raisins (1/4 cup)

#### ☆ FIBER

Helps support a healthy digestive system and keeps your stomach feeling fuller for longer which can aid in supporting weight management. Diets rich in certain forms of fiber may also help maintain healthy blood sugar and cholesterol levels.

- Apple (large)
- Blackberries (1 cup)
- Green soy beans (½ cup)
- Lima beans (½ cup)
- Pears (1 medium)
- Raspberries (1 cup)
- Spinach (1½ cups shredded)

- Artichoke (1 edible portion)
- Banana (1 medium)
- Blueberries (1 cup)
- Broccoli (1 medium stalk)
- Chick peas (½ cup)
- Dates (½ cup fresh)
- Figs (2 dried)
- Green beans (¾ cup)
- Kiwifruit (2 medium)
- Onion (1 medium)
- Orange (1 medium)
- Prunes (5 dried)
- Sweet potato (1 medium)

#### ☆ CALCIUM

Supports strong bones and healthy teeth, and aids in muscle contractions that are essential for body movement.

- Calcium fortified juice (½ cup)
- Turnip greens (1 cup cooked)

- Green soybeans (½ cup)

#### ☆ FOLATE

Helps promote the formation of healthy cells, including red blood cells.

- Arugula (4 cups)
- Asparagus (5 spears)
- Beets (1 medium beet or ¾ cup)
- Broccoli (1 medium stalk)
- Chick peas (½ cup)
- Collard greens (2 cups)
- Endive (¾ cup)
- Great Northern beans (½ cup)
- Kidney beans (½ cup)
- Lima beans (½ cup)
- Okra (7 3-inch pods or ¾ cup)
- Peas (½ cup)
- Spinach (1½ cups shredded)
- Strawberries (8 medium or 1 cup)

- Artichoke (1 edible portion)
- Avocado (½ cup)
- Beets (1 medium beet)
- Blackberries (1 cup fresh)
- Cantaloupe (½ cup)
- Cauliflower (1/6 medium head or 1 cup)
- Green cabbage (1/12 medium head or 1 cup)
- Kiwifruit (2 medium)
- Leaf lettuce (1½ cups shredded)
- Leek (1 leek or 1 cup)
- Papaya (½ medium fruit)
- Raspberries (1 cup)

**PACK MORE FRUITS & VEGGIES INTO EACH DAY!**



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  - Avocado (½ cup)
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  - Grapes (½ cup)
  - Lima beans (½ cup)
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