

# VEGETABLE BENEFITS & WELLNESS

	US Consumer Health Concerns <sup>1</sup>										Fresh/Raw Nutrients (value 10% + or -)/ 100g <sup>2</sup>													
	Cardiovascular Disease	Cancer	Weight	Healthy Aging	Cholesterol	Bone Health	Eye Health	Diabetes/Blood Sugar	Physical Activity/Exercise	Digestion	Carotenoids	Prebiotics	Fiber	Vitamin C	Vitamin A	Vitamin E	Vitamin K	Folates	Potassium	Calcium	Copper	Iron	Manganese	Organic
Garlic																								
Ginger																								
Kale																								
Onion																								
Tomatoes																								
Vidalia																								
Beets																								
Celery																								
Chipotle																								
Cilantro																								
Lettuce																								
Parsley																								
Spinach																								
Sweet Potato																								
Watercress																								
Cayenne																								
Cucumbers																								
Bell Peppers																								
Carrot																								
Artichoke																								
Capers																								
Lemongrass																								

<sup>1</sup>Source: 2011 IFIC Functional Foods/Foods for Health Consumer Trending Survey <sup>2</sup>Source: USDA National Nutrient Database

