Lean Meats

Lean meats provide important nutrients such as protein, B vitamins and zinc that are vital for health and maintenance of your body. Remember: when choosing cuts of beef, chicken, or pork look for the words “lean or extra lean” on the label. Choosing lean and extra lean meat gives your body healthy nutrients that it needs, without too much saturated fat that is high in calories.
Root vegetables, as their name implies, are “roots” that are fun to pull out of the ground! They are a good source of vitamins C, A, and K, as well as fiber, and potassium carotenoids (due to their rich colors). Carrots are crunchy, delicious, and a great portable snack full of beta-carotene, which is important for eyesight, healthy skin and hair, and for fighting infections. Onions have lots of antioxidants that keep our bodies healthy. Root vegetables rule!

HEALTHY TIP: You can grow these at home!