

**Cruciferous**  
**Vegetables**



Cruciferous vegetables are high in fiber and are good sources of vitamins A, C, & E, beta-carotene, calcium, folic acid, and iron, potassium. Cauliflower, broccoli, kale, Brussels sprouts, cabbage and arugula are in this group of power foods with a silly name - **CRUCIFEROUS!**

**Legumes**



**Legumes, including the very popular sweet green pea, are a great source of protein, fiber, and important vitamins and minerals. There are many types of legumes of all sizes and colors, such as lentils, black beans, navy beans, pinto beans, and peas. Look for legumes in dried form, or in the frozen section, canned, or at your farmer's market!**