We Don't Get No Respect

It's a race to the top!

Here are our TOP 5 healthy - but least-eaten-fruits and vegetables.

Apricots are an excellent source of vitamin A, a very good source of vitamin C, and a good source of dietary fiber and potassium. The powerful antioxidant Lycopene is one of the carotenoids found in apricots.

Artichokes are low in calories, high in fiber and an excellent source of vitamin C and folate. They are also a good source of magnesium and potassium.

Beans and Legumes: Generally, all dry beans and legumes are excellent sources of the mineral molybdenum and a very good source of dietary fiber and folate. Beans' high fiber content prevents blood sugar levels from rising too rapidly after a meal, making beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia. On the food pyramid, they count as a protein and a vegetable!

Brussels sprouts and Cauliflower are excellent sources of vitamin C and vitamin K. They are a very good source of folate, vitamin A, manganese, dietary fiber, potassium, vitamin B6 and thiamin (vitamin B1) and a good source of omega-3 fatty acids, iron, phosphorous, protein, magnesium, riboflavin (vitamin B2), vitamin E, copper and calcium. Brussels sprouts contain numerous disease-fighting phytochemicals. Cruciferous vegetables such as cabbage, cauliflower, broccoli, kale and Brussels sprouts help prevent cancer.

Papayas are rich sources of antioxidant nutrients such as carotenes, vitamin C and flavonoids; the B vitamins, folate and pantothenic acid; and the minerals, potassium and magnesium; and fiber. Together, these nutrients promote the health of the cardiovascular system and also provide protection against colon cancer.

Apricots	Artichokes	Beans and Legumes	Brussels sprouts and Cauliflower	Papayas
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Please check a box for each ½ cup serving you eat of each.

Nutrition source: whfoods.org