









## 5 A Day and School-Age Children

# 5 A Day Nutrients

Nutrient	Function in the Body	Fruit and Vegetable Sources
<b>Vitamin A</b> 	Essential for vision, skin and the immune system. Promotes growth. Protects against some types of cancer.	Cantaloupe, apricots, dark green and deep yellow vegetables such as pumpkin, carrots, sweet potatoes, spinach, greens and bell peppers.
<b>Vitamin C</b> 	Strengthens blood vessels, improves wound and bone healing, increases the resistance to infections and increases the absorption of iron - another important nutrient for growth.	Cantaloupe, honeydew melon, peaches, oranges, strawberries, kiwi fruit, asparagus, sweet potatoes, bell peppers, broccoli, Brussels sprouts.
<b>Antioxidants and Phytonutrients</b> 	Antioxidants are vitamins, minerals, and other substances that fight free radicals, which play a role in the progression of cancer and heart disease. Phytonutrients are the color pigments in the fruits and vegetables that either act as antioxidants or enhance the antioxidant benefits.	Fruits and vegetables bursting with color such as berries, tomatoes, and dark green and deep yellow vegetables.
<b>Fiber</b> 	Important to maintain digestive health, as well as reduce blood cholesterol.	Raspberries, peas, blackberries, Brussels sprouts, parsnips, raisins, broccoli, black beans.
<b>Folate</b> 	Important for normal cell division, wound healing and prevention of birth defects.	Orange juice, dried peas and beans, green leafy vegetables such as mustard and turnip greens, collards and spinach.
<b>Calcium</b> 	Important for strong bones, blood clotting, muscle contraction and nerve function.	Rhubarb, okra and green leafy vegetables such as mustard and turnip greens, collards, kale and spinach.