

4-3-2-1 Veggies Stand Up

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- **low in fat and calories**
- **important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C**
- **rich in potassium may help to maintain healthy blood pressure**

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super foods

9-11 servings

vary daily

color the
rainbow

4-3-2-1-

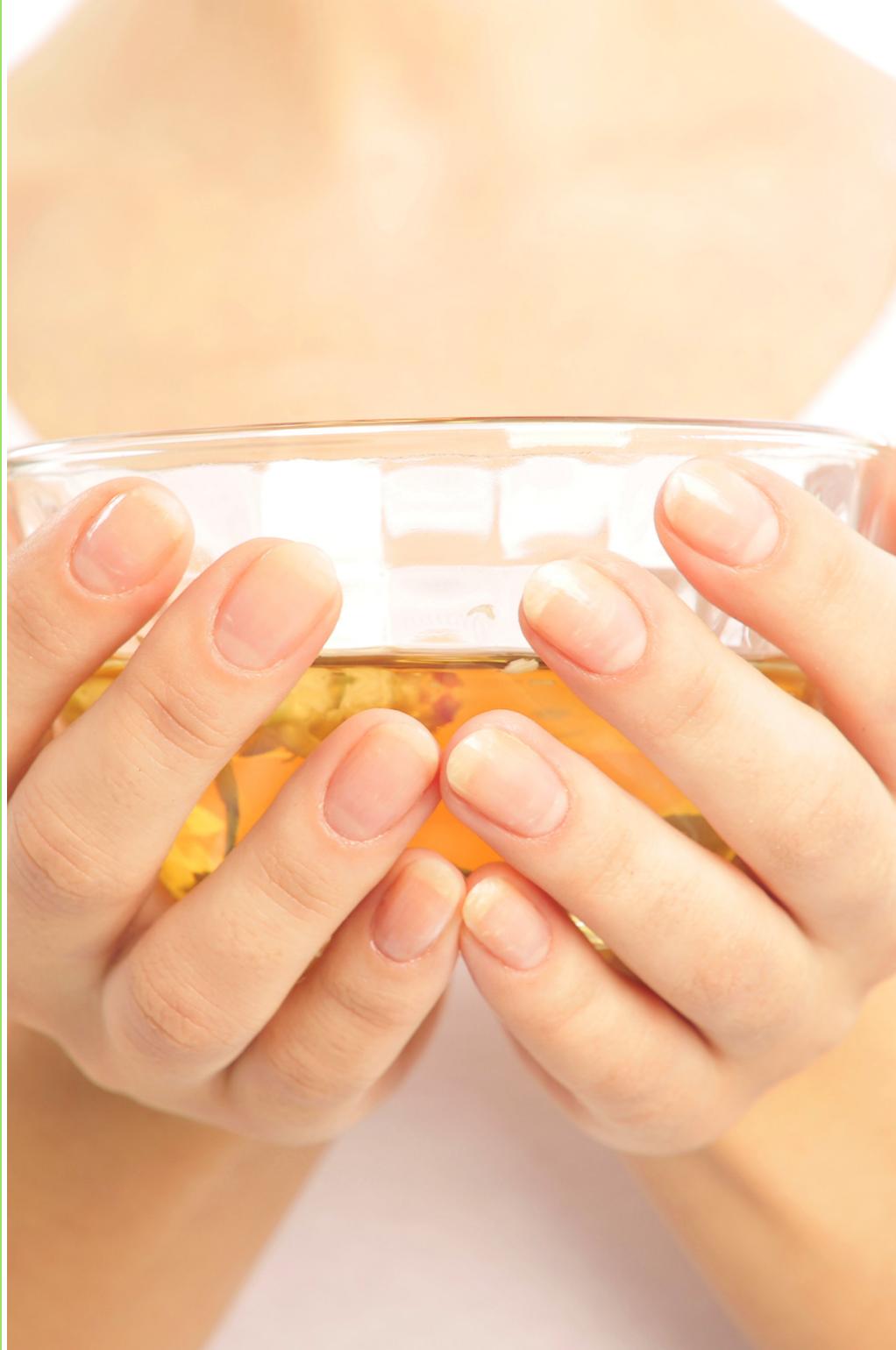
berries

The strong antioxidant capacity of berries is associated with a reduced risk of heart disease, cancer and other inflammatory conditions



green tea

Green tea is rich in antioxidants and polyphenolic compounds which have strong anti-inflammatory effects. One of the most prevalent antioxidants in green tea is the catechin epigallocatechin gallate, or EGCG.



eggs

Whole eggs are rich in many nutrients including B vitamins, choline, selenium, vitamin A, iron and phosphorus.

They're also loaded with high-quality protein.

Eggs contain two potent antioxidants, zeaxanthin and lutein, which are known to protect vision and eye health



beans

Legumes are a rich source of B vitamins, various minerals, protein and fiber. They offer many health benefits including improved type 2 diabetes management, as well as reduced blood pressure and cholesterol. Due to fiber, helps promote healthy weight maintenance



nuts seeds

They also pack various plant compounds with anti-inflammatory and antioxidant properties, which can protect against oxidative stress

Research indicates that eating nuts and seeds can have a protective effect against heart disease



kefir yogurt

Fermented, probiotic-rich foods like kefir have several associated health benefits, including reduced cholesterol, lowered blood pressure, improved digestion and anti-inflammatory effects



garlic

Research indicates that garlic may be effective in reducing cholesterol and blood pressure, as well as supporting immune function (24).

What's more, sulfur-containing compounds in garlic may even play a role in preventing certain types of cancer



olive oil

High levels
of monounsaturated fatty
acids (MUFAs) & polyphenolic
compounds.

Adding olive oil to your diet
may reduce inflammation
contains antioxidants such as
vitamins E and K, which can
protect against cellular
damage from oxidative stress.



DLG

Dark green leafy vegetables (DGLVs) are an excellent source of nutrients including folate, zinc, calcium, iron, magnesium, vitamin C and fiber.



sneak in veggies

mince

shred

puree

chopped

frozen

add to scrambles

add to pancakes

add to smoothies

add to lasagna

add to pasta

add to wraps

add to casseroles

add to grilled cheese

add to sandwiches &
burgers

baked as fries (not just
potatoes)

add to pizza

add to chili

desserts dipped in
chocolate

green juuice

Carrots

Apples

Ice

Kale

