

Fish and
Seafood



Fish and other seafood, like shrimp, scallops, and crab, are a very important part of a healthy diet. These foods are the major sources of healthful long-chain omega-3 fats and are also rich in other nutrients such as vitamin D, high in protein, and low in saturated fat. There is strong evidence that eating oily fish like salmon is good for your heart. So take a dive and eat fish and seafood every week!

Stems



Stems, such as celery and asparagus, are good sources of fiber, antioxidants like vitamins A and C, potassium, and folate. Have you seen these nutritious foods growing in a garden? They grow straight up from the ground! Eat them raw or cooked for some yummy green goodness!

