

**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!

