

Eggs



May is National Egg Month! Let's celebrate the healthy benefits of the delicious and nutritious egg! Eggs contain the highest quality of protein you can buy, plus many essential vitamins and minerals. Egg yolks are one of the few foods that naturally contain vitamin D. Try them scrambled, fried, boiled, or in a yummy omelet filled with colorful veggies!

Fresh
Beans



Fresh beans are classified into two categories: pod beans and shell beans. Green beans, a good source of fiber and vitamins C, K, and A, also are called snap or string beans, and are the most popular pod bean in the United States. You may not know it, but edamame and lima beans are “fresh beans!” Both are packed with vitamins, protein, and fiber. Beans are a great way to add color, vitamins, minerals, and fiber to any meal, including salads and soups.

