



# NATIONAL NUTRITION MONTH

As part of our commitment to our members' health and well-being, the NYCDCC Benefit Funds would like to promote National Nutrition Month. While healthy diets may vary from individual to individual\*, we would like to share general wellness and nutrition information with our membership.

## Dark Green Leafy Vegetables

From lettuce to collard greens, these foods vary not only in taste but in nutrition, offering a range of vitamins, minerals, antioxidants, and more. These vegetables include:

- Spinach
- Kale
- Arugula
- Collard Greens
- Swiss Chard
- Escarole
- Chicory
- Bok Choy
- Mustard Greens
- Romaine Lettuce
- Broccoli Rabe
- Dandelion Greens
- Mesclun
- Watercress
- Nettles
- Beet Greens

## Nutrients

From lettuce to collard greens, these foods vary not only in taste but in nutrition, offering a range of vitamins, minerals, antioxidants, and more. These vegetables include:

- **Fiber** (helps maintain bowel health and blood sugar levels)
- **Folate** (important in red blood cell function; also known as Vitamin B9 or Folic Acid)
- **Vitamin C** (vital for your body's healing process; also helps your body absorb and store iron)
- **Vitamin K** (supports normal blood clotting)
- **Iron** (essential for red blood cells and carrying oxygen throughout your body)
- **Calcium** (vital for bone health)
- **Carotenoids and other antioxidants** (anti-inflammatory; may help lower risk of certain cancers)

## Eating More Vegetables

While everyone's dietary needs are different\*, vegetables play a role in healthy diets for everyone.

The chart here provides a list of general daily recommendations for vegetable consumption.

According to myplate.gov, "1 cup of vegetables" is equal to 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy salad greens.

Daily Recommendation*		
Toddlers	12 to 23 months	¾ to 1 cup
Children	2-3 yrs	1 to 1½ cups
	4-8 yrs	1½ to 2½ cups
Girls	9-13 yrs	1½ to 3 cups
	14-18 yrs	2½ to 3 cups
Boys	9-13 yrs	2 to 3½ cups
	14-18 yrs	2½ to 4 cups
Women	19-30 yrs	2½ to 3 cups
	31-59 yrs	2 to 3 cups
	60+ yrs	2 to 3 cups
Men	19-30 yrs	3 to 4 cups
	31-59 yrs	3 to 4 cups
	60+ yrs	2½ to 3½ cups

**\*Please consult with your physician before starting any diet or exercise plan.**