



New York City District Council of Carpenters

BENEFIT FUNDS



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.**

Sources: The Health Benefits of Dark-Green Leafy Vegetables: <https://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3567/FCS3567.pdf>
Adding and Varying Vegetables in Your Diet: https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_3_VaryYourVegetables.pdf