

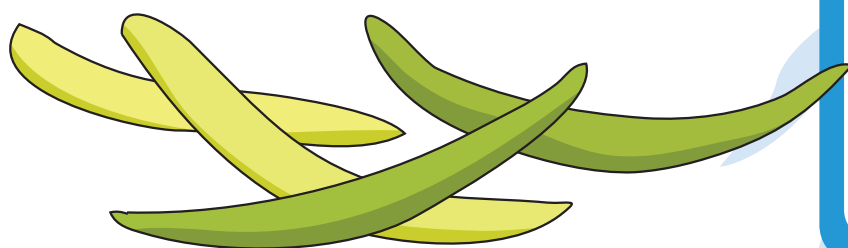
BEANS

NUTRITIONAL FACT SHEET SERIES

**BEANS ARE
GOOD FOR US!**



Beans are seeds that grow in the pods of viney-looking bean plants above the ground. They come in many different shapes and colors and are excellent sources of fiber and folate. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.



NUTRIENTS IN BEANS

Nutrient Content per Serving	Green or Yellow Beans, 125 mL (32g)
Excellent Source supplies 25% or more of a nutrient per day	Fibre Folate
Good Source supplies 15 - 24% of a nutrient per day	Thiamin Magnesium
Fair Source supplies 5 - 14% of a nutrient per day	Iron, Potassium Niacin, Riboflavin B6, Protein

WHAT DO WE KNOW ABOUT BEANS?

Beans have been eaten for thousands of years and come in many different varieties. Depending on the variety, the pods of the bean plant are eaten with the seeds.

Green and yellow beans are commonly grown in the north. They can also be bought fresh, frozen, and canned. If choosing canned beans, buy the varieties with the least amount of added salt.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 - 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.



BEANS

DID YOU KNOW?

Green and yellow beans are very healthy vegetables! They provide:

.....
An excellent source of fiber, which keeps our bowels healthy, our blood sugar levels even and helps prevent diseases such as cancer.

.....
An excellent source of folate and a good source of other B vitamins, like thiamin and niacin. These vitamins help our bodies use the energy from food and are important for growth, healthy skin, hair, nerves and muscles.

.....
A fair source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

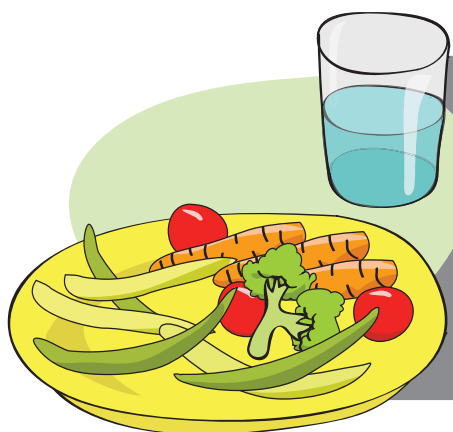
**GROWING FOOD
AS PART OF A
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

HOW TO STORE, PREPARE AND EAT BEANS

- Once picked, store beans in the fridge.
- Long green and yellow beans can be eaten raw, steamed, boiled or baked.
- Try a different color of bean every week to introduce them to children. Mix them with other colored favorite vegetables to help children to try new beans (green beans with orange carrots, yellow beans with green peas).



HEALTHY EATING

Serve fresh, raw green and yellow beans with other favorite vegetables as a crunchy snack. Have water to drink.

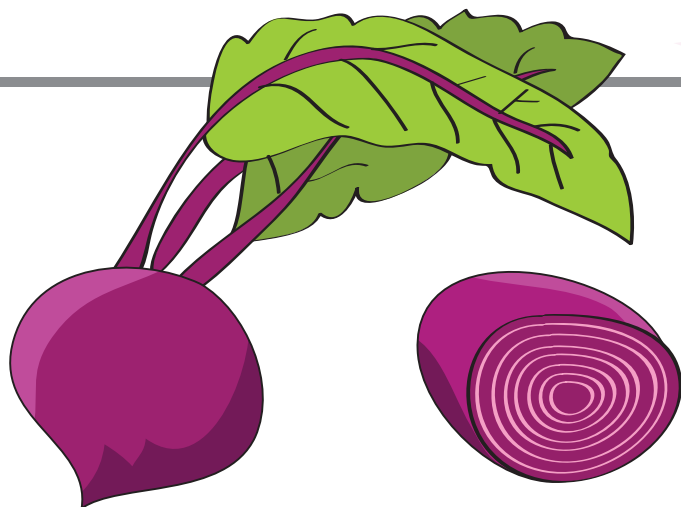
FOR MORE INFORMATION CONTACT:

- Registered Dietitians
- Community Gardens
- Local gardeners and the Territorial Farmers' Association
- Territorial Nutritionist, Department of Health and Social Services: www.hss.gov.nt.ca
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BEETS

NUTRITIONAL FACT SHEET SERIES



**BEETS ARE
GOOD FOR US!**



Beets are sweet tasting dark purple root vegetables grown in the ground. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

NUTRIENTS IN BEETS

Nutrient Content per Serving	Beets, raw 125 mL (72 g)
Excellent Source supplies 25% or more of a nutrient per day	
Good Source supplies 15 - 24% of a nutrient per day	Beta Carotene Folate
Fair Source supplies 5 -14% of a nutrient per day	Vitamin C Potassium

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

WHAT DO WE KNOW ABOUT BEETS?

Beets have been grown for thousands of years in many parts of the world and are grown by our local northern gardeners as well. The green and red leaves and stems taste great in salads. If you are buying beets, look for ones that are hard and round.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



BEETS

DID YOU KNOW?

Beets are a good source of beta carotene (vitamin A) which is needed for healthy skin, bones, and eyes.

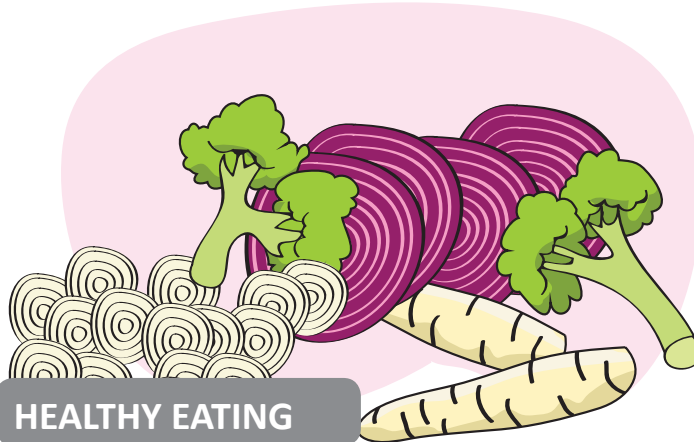
Beets are a good source of folate, which is needed for healthy cells and to help babies grow properly during pregnancy in order to prevent neural tube defects. Folate is needed by people of all ages to make healthy blood that keeps us from being tired.

**GROWING FOOD
AS PART OF A
HEALTHY LIFESTYLE**

Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

HOW TO STORE, PREPARE AND EAT BEETS

- Store beets in a cool, dark and dry place.
- Lightly steam beets first and the skin comes off easily.
- Beets can be eaten raw, steamed, boiled, baked or pickled.
- Try adding beets and beet greens to salads for colour, variety and taste.



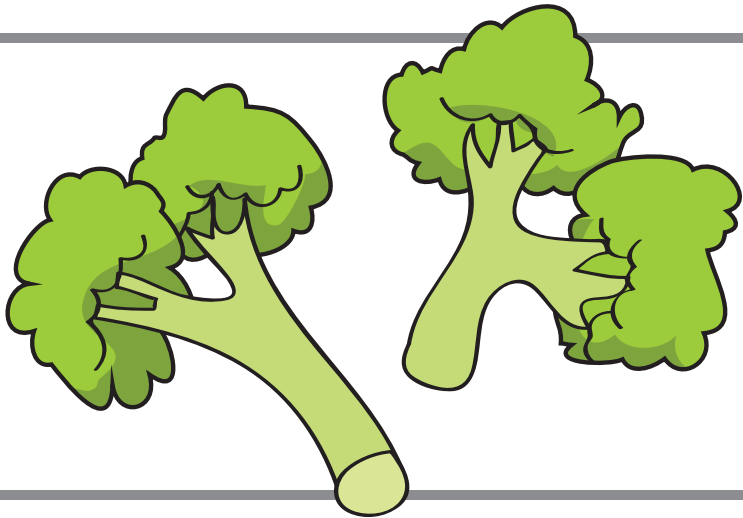
Try adding cooked, sliced beets to other cooked vegetables for extra color at meals, for example, purple beets, white parsnips and green broccoli.

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BROCCOLI

NUTRITIONAL FACT SHEET SERIES



**BROCCOLI IS
GOOD FOR US!**



Broccoli is a dark green vegetable, often called trees, that are low in calories but high in nutrients that help us keep our blood and digestive systems healthy and helps lower the risk of heart disease, stroke and certain types of cancer. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

NUTRIENTS IN BROCCOLI

Nutrient Content per Serving	Broccoli 125 mL (46g)
Excellent Source supplies 25% or more of a nutrient per day	Vitamin C Beta Carotene
Good Source supplies 15 - 24% of a nutrient per day	
Fair Source supplies 5 -14% of a nutrient per day	Folate Riboflavin B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 - 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

WHAT DO WE KNOW ABOUT BROCCOLI?

Broccoli was first grown in Italy over 2,000 years ago. It is also grown in northern gardens. Broccoli from stores usually makes a long trip from California. If buying fresh broccoli, look for firm bunches with dark green florets. Broccoli is often bought frozen to reduce costs.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



BROCCOLI

DID YOU KNOW?

Broccoli is an excellent source of beta carotene (vitamin A), which is needed for healthy skin, bones, and eyes.

Broccoli is an excellent source of vitamin C, providing 70% of the vitamin C we need in a day to keep our gums, teeth and skin healthy.

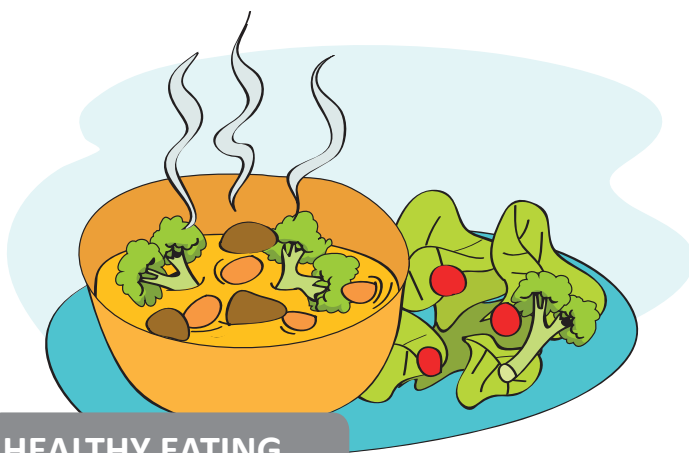
Broccoli is a fair source of folate, riboflavin and B6, which are all B vitamins. They help our bodies use the energy from foods and are important for growth, healthy skin, hair, nerves and muscles.

**GROWING FOOD
AS PART OF A
HEALTHY LIFESTYLE**

Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

HOW TO STORE, PREPARE AND EAT BROCCOLI

- Store broccoli in the fridge.
- The stems of broccoli can be eaten but peel the hard layers off first.
- Broccoli is healthiest when eaten raw or lightly steamed.
- Try adding broccoli to salads, soups and stews.
- Chop up broccoli into smaller pieces and take as a snack.



HEALTHY EATING

Broccoli can be eaten raw, cooked with meals, or as a snack.

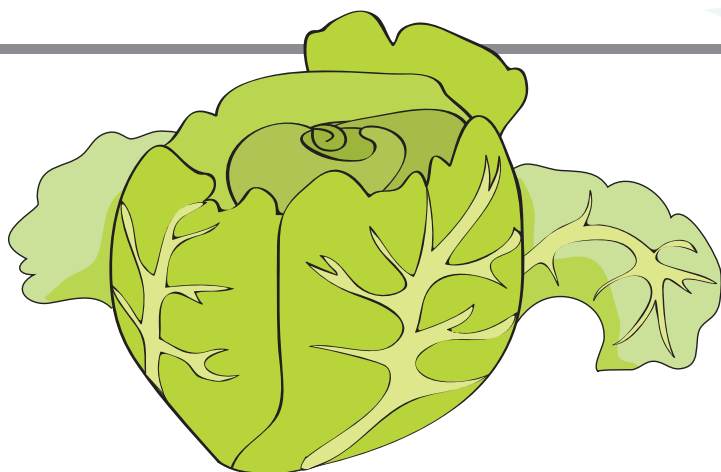
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CABBAGE

NUTRITIONAL FACT SHEET SERIES



**CABBAGE IS
GOOD FOR US!**



Cabbage is a large leafy green vegetable that grows above the ground and is shaped like a head. Cabbage provides many nutrients. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

NUTRIENTS IN CABBAGE

Nutrient Content per Serving	Cabbage 250 mL (74g)
Excellent Source supplies 25% or more of a nutrient per day	Vitamin C Beta Carotene
Good Source supplies 15 - 24% of a nutrient per day	
Fair Source supplies 5 -14% of a nutrient per day	Folate B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 - 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

WHAT DO WE KNOW ABOUT CABBAGE?

Cabbage has been eaten for nearly 2,000 years and is a common vegetable grown in the north. Green and purple cabbage are available in stores year-round and is usually a less expensive vegetable. When buying cabbage, look for heads that are firm and heavy and do not have brown spots.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



CABBAGE

DID YOU KNOW?

Cabbage is an excellent source of beta carotene (vitamin A), which is needed for healthy skin, bones, and eyes.

Cabbage is an excellent source of vitamin C which keeps our gums, teeth and skin healthy.

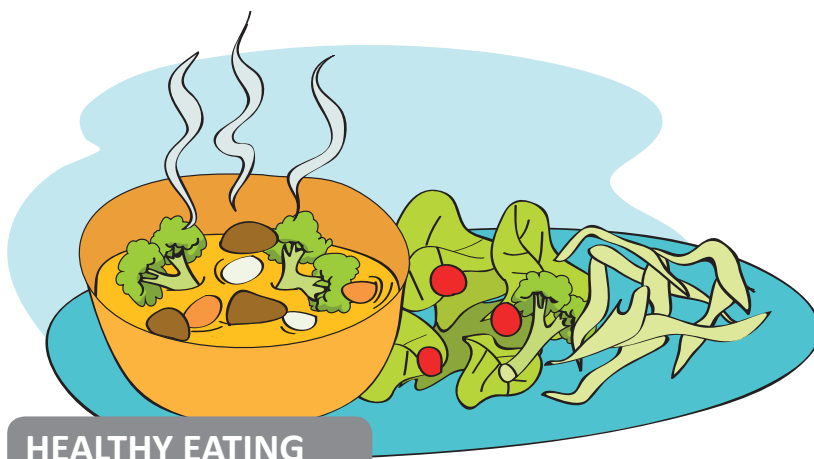
Cabbage is a fair source of B vitamins, such as folate and vitamin B6. Folate is needed for healthy cells and to help babies grow during pregnancy. Folate is needed at any age to make healthy blood to keep us from getting tired.

**GROWING FOOD
AS PART OF A
HEALTHY LIFESTYLE**

Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

HOW TO STORE, PREPARE AND EAT CABBAGE

- Store cabbage in a cool, dry, dark place.
- Cabbage has a hard stem that can be eaten; most people remove the stem as it can be bitter tasting.
- Cabbage can be eaten raw, steamed, boiled, baked, or pickled.
- Try adding chopped cabbage to salads, soups and stews or to make cabbage rolls.



HEALTHY EATING

Shred raw cabbage to make coleslaw or add to salads, soups and stews for extra crunch and flavor.

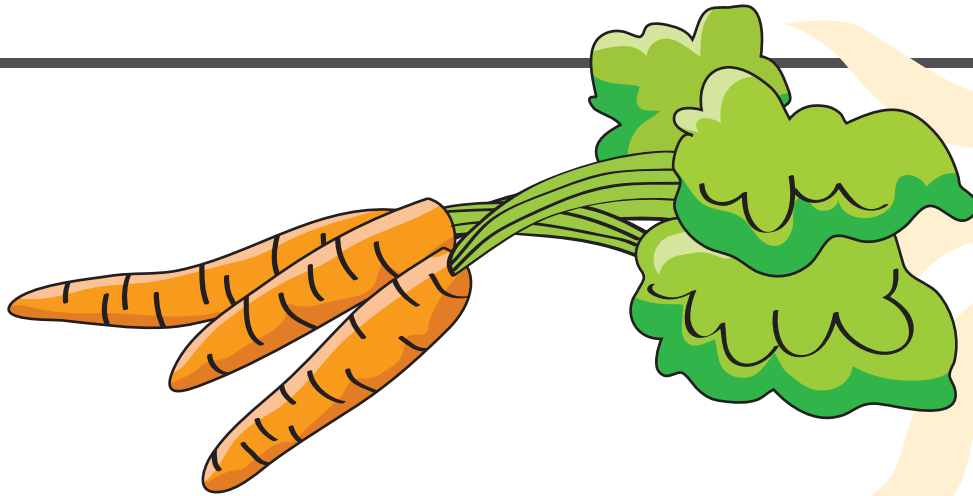
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CARROTS

NUTRITIONAL FACT SHEET SERIES



**CARROTS ARE
GOOD FOR US!**



Carrots are sweet tasting vegetables grown in the ground. They help our eyes, hair, and skin stay healthy and strong.

NUTRIENTS IN CARROTS

Nutrient Content per Serving	Carrots, raw 125 mL (67.5g)
Excellent Source supplies 25% or more of a nutrient per day	Very high Beta Carotene
Good Source supplies 15 - 24% of a nutrient per day	
Fair Source supplies 5 -14% of a nutrient per day	Vitamin C Niacin B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

WHAT DO WE KNOW ABOUT CARROTS?

Carrots were first grown about 5,000 years ago in Asia and have become a favourite vegetable for many northern gardeners. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

Originally carrots were white. Now they can be orange, purple, red, white and yellow. If you are buying fresh carrots, look for the ones with a deep orange or other colour. Carrots can also be bought frozen or canned.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



CARROTS

DID YOU KNOW?

Carrots are second only to sweet potatoes as an excellent source of beta carotene (vitamin A). Vitamin A is needed for healthy skin, bones and teeth as well as to fight sickness.

Carrots are a fair source of B vitamins, like niacin and B6, which help our bodies use energy from foods. B vitamins are important for growth and healthy skin, hair, nerves and muscles.

Carrots are also a fair source of vitamin C, which keeps our gums, teeth and skin healthy.

**GROWING FOOD
AS PART OF A
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

HOW TO STORE, PREPARE AND EAT CARROTS

- Store carrots in a cool, dry place.
- The skin of carrots is good for us and can be eaten raw when washed well.
- Carrots are healthiest when eaten raw or lightly steamed. Carrots can also be eaten boiled, baked or pickled.



HEALTHY EATING

Have children help grow carrots and wash fresh ones for a healthy snack. Children eat more vegetables when they have grown them and know where they come from. The sweet taste of fresh vegetables right out of the garden encourages children to eat their vegetables!

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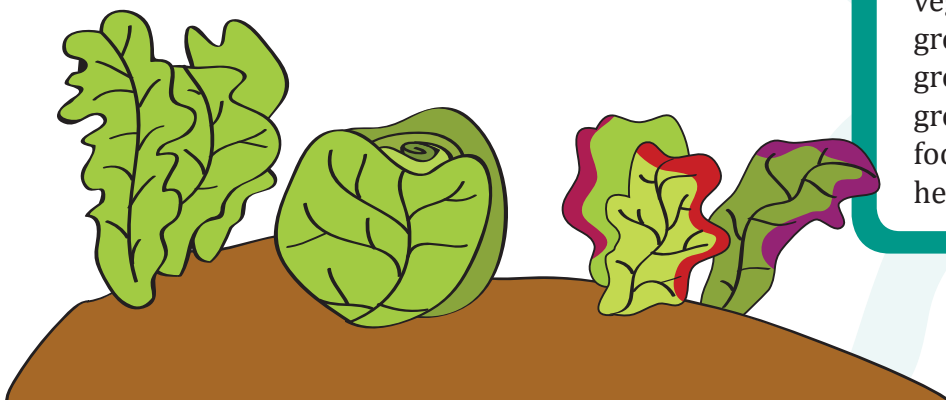
LETTUCE

NUTRITIONAL FACT SHEET SERIES

LETTUCE IS
GOOD FOR US!



Lettuce is a leafy green vegetable that grows above the ground and is a popular vegetable grown in the north. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.



NUTRIENTS IN LETTUCE

Nutrient Content per Serving	Lettuce, iceberg 250 mL (76g)
Excellent Source supplies 25% or more of a nu- trient per day	Beta Carotene
Good Source supplies 15 - 24% of a nutrient per day	
Fair Source supplies 5 -14% of a nutrient per day	Folate

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 - 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

WHAT DO WE KNOW ABOUT LETTUCE?

Lettuce has been eaten for over 4,500 years. There are many different kinds of lettuce that grow well in the NWT and that can be eaten all summer.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



LETTUCE

DID YOU KNOW?

Lettuce is an excellent source of beta carotene (vitamin A) which is needed for healthy skin, bones, and eyes.

Lettuce is a fair source of folate, which is needed for healthy cells and the healthy growth of babies during pregnancy in order to prevent neural tube defects. Folate helps make healthy blood that keeps us from being tired.

Romaine lettuce has much higher amounts of vitamin C and beta carotene than Iceberg or Butterhead lettuce. Vitamin C helps to keep our gums, teeth, and skin healthy.

**GROWING FOOD
AS PART OF A
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

HOW TO STORE, PREPARE AND EAT LETTUCE

- Store lettuce in the fridge.
- Wash lettuce leaves before eating.
- Lettuce is usually eaten raw in salads and sandwiches.



HEALTHY EATING

Try several varieties of lettuce to make salads and sandwiches colorful and interesting. Mix your own dressings with fresh herbs which can also be grown locally, or just use oil and vinegar. This is a way to cut down on high calorie dressings and reduce your salt intake.

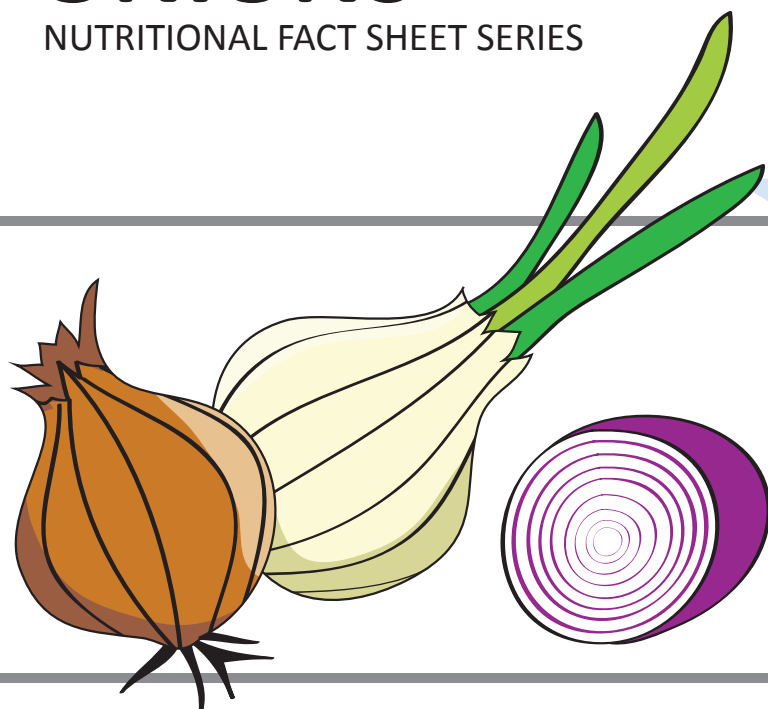
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ONIONS

NUTRITIONAL FACT SHEET SERIES



ONIONS ARE
GOOD FOR US!



Onions are vegetables grown in the ground. Onions can have a strong smell and taste before they are cooked. They add a lot of flavor to traditional recipes and other foods.

NUTRIENTS IN ONIONS

Nutrient Content per Serving	Onion, raw 125 mL (85g)
Excellent Source supplies 25% or more of a nutrient per day	
Good Source supplies 15 - 24% of a nutrient per day	
Fair Source supplies 5 - 14% of a nutrient per day	Vitamin C B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 - 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

WHAT DO WE KNOW ABOUT ONIONS?

Green, white, yellow and red onions are common vegetables in northern gardens today because they grow well in our climate. They can also be bought from the store. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

If buying onions, look for ones that are round, firm and do not have any green mould, soft spots or wilting. Look for onions that have deep green stems.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



ONIONS

DID YOU KNOW?

Onions are a fair source of vitamin C which keeps our gums, teeth and skin healthy.

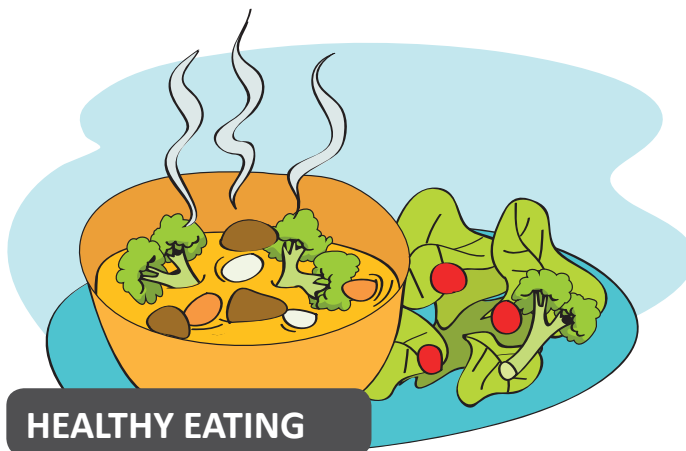
Onions are a fair source of B vitamins, like B6, which are important for growth and healthy skin, hair, nerves and muscles.

**GROWING FOOD
AS PART OF A
HEALTHY LIFESTYLE**

Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

HOW TO STORE, PREPARE AND EAT ONIONS

- Store whole onions in a cool, dark and dry place.
- Leave the skins on and do not wash onions before you store them.
- Peel the skin off of onions before eating or preparing.
- Onions can be eaten raw, baked or pickled.
- Chopped onions can be added to soups and stews.
- Chopped raw onions can be added to salads.
- Cutting up onions usually makes your eyes water.
- This is normal and is not a problem. Avoid touching your eyes after cutting up onions.
- Cut up onions can be stored in the freezer and used later in soups and stews.



HEALTHY EATING

Onions are used to add flavor to meats, soups, stews, casseroles and salads.

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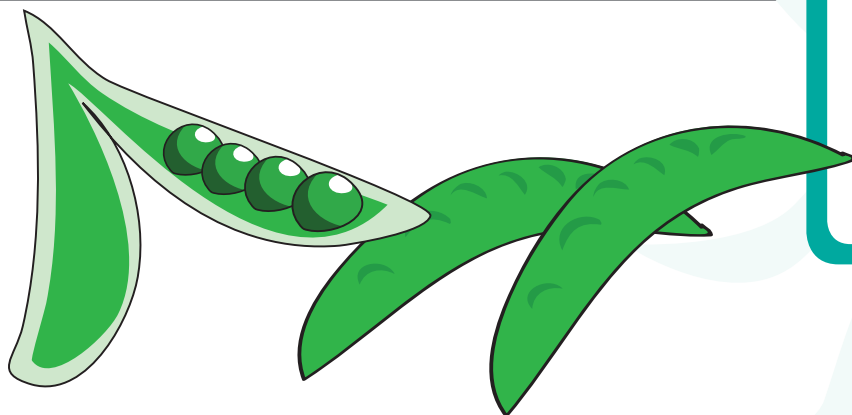
PEAS

NUTRITIONAL FACT SHEET SERIES

PEAS ARE
GOOD FOR US!



Peas are small round seeds that grow in pods above the ground on viney-looking pea plants. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.



NUTRIENTS IN PEAS

Nutrient Content per Serving	Peas 125 mL (77g)
Excellent Source supplies 25% or more of a nutrient per day	Vitamin C Beta Carotene
Good Source supplies 15 - 24% of a nutrient per day	Thiamin Niacin
Fair Source supplies 5 -14% of a nutrient per day	Protein, Fibre Iron, Folate Riboflavin, B6 Magnesium

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 - 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

WHAT DO WE KNOW ABOUT PEAS?

Peas are sweet, green and easy to prepare. They provide us with many nutrients that help us stay healthy and strong.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



PEAS

DID YOU KNOW?

Peas provide an excellent source of beta carotene (vitamin A), which is needed for healthy skin, bones, and eyes.

Peas provide an excellent source of vitamin C which keeps our gums, teeth and skin healthy.

Peas are a good source of thiamin and niacin. These B vitamins help our bodies use the energy from foods and are important for growth, healthy skin, hair, nerves and muscles.

Peas provide a fair source of fiber, which keeps our bowels healthy, our blood sugar levels even and helps to prevent diseases such as cancer.

**GROWING FOOD
AS PART OF A
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

HOW TO STORE, PREPARE AND EAT PEAS

- Store fresh peas in a cool, dry place once they are picked (fridge works well).
- Peas can be eaten raw, steamed or boiled lightly.
- Most fresh peas need to be removed from their pods before they are eaten, but the pods of some varieties can be eaten also, such as Snap Peas and Sugar Peas.
- Peas can be dried to use in split pea soups.



HEALTHY EATING

Children can help grow and shell fresh peas for a snack or meal. Children eat more vegetables when they grow them, know where they come from and when they help prepare them. The great taste of fresh vegetables encourages children to eat them.

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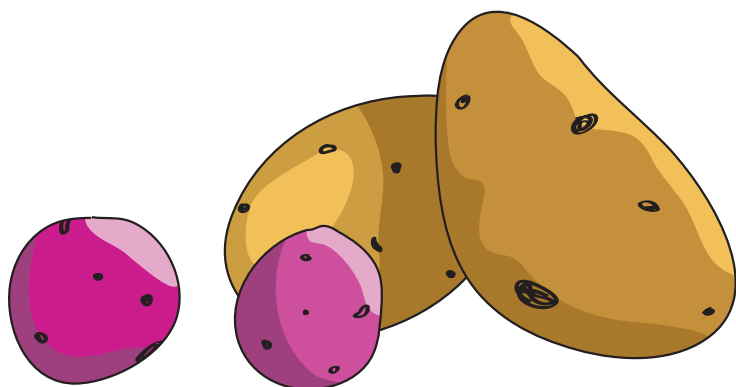
POTATOES

NUTRITIONAL FACT SHEET SERIES

POTATOES ARE
GOOD FOR US!



Potatoes are vegetables grown in the ground. They come in many different shapes, colours and sizes. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.



NUTRIENTS IN POTATOES

Nutrient Content per Serving	Potatoes, raw with skin on 125 mL (79 g)	Sweet Potatoes 125 mL (70 g)
Excellent Source supplies 25% or more of a nutrient per day		Beta Carotene
Good Source supplies 15 - 24% of a nutrient per day	Vitamin C	
Fair Source supplies 5 -14% of a nutrient per day	Potassium Beta Carotene Niacin Thiamin B6	Fibre Magnesium Potassium Thiamin B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

WHAT DO WE KNOW ABOUT POTATOES?

Potatoes have been grown for over 7,000 years in many parts of the world. Potatoes are a popular vegetable grown by northern gardeners. Potatoes keep well for several months so they are economical vegetables that can be stored and eaten all year long.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



POTATOES

DID YOU KNOW?

Potatoes are a good source of vitamin C, which keeps our gums, teeth and skin healthy.

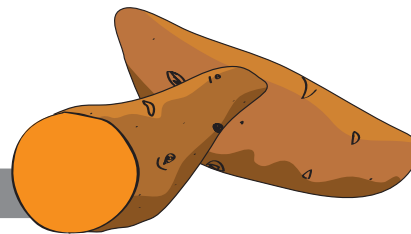
Potatoes are a fair source of B vitamins like niacin, thiamin, and B6. These vitamins help our bodies use the energy from foods and are important for growth, healthy skin, hair, nerves and muscles.

Potatoes also provide carbohydrates. Carbohydrates are needed for energy to work and play and can be part of a healthy meal. The calories in a serving of potatoes are about the same as a slice or two of bread.

**GROWING FOOD
AS PART OF A
HEALTHY LIFESTYLE**

Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

SWEET POTATOES



Sweet potatoes are one of the healthiest vegetables because of their high nutritional value. Sweet potatoes provide the most beta carotene (vitamin A) of any vegetable. The amount is much higher than white or red potatoes.

Vitamin A is needed for healthy skin, bones and eyes. It also helps keep our bodies healthy. Sweet potatoes are also a fair source of fibre.

HOW TO STORE, PREPARE AND EAT POTATOES

- Store potatoes in a cool, dark, and dry place.
- The skin of potatoes is healthy and can be eaten, but needs to be washed first and any green colour removed.
- Potatoes are best eaten baked, boiled, or steamed. Frying adds a lot of fat.

HEALTHY EATING

Try adding potatoes to stews, soups, or casseroles. Use different colors of potatoes (red, white, orange) to make meals look interesting. Mix mashed sweet and white potatoes together as topping for Shepherd's pie for a tasty meal. Add water to drink.

FOR MORE INFORMATION CONTACT:

- Registered Dietitians
- Community Gardens
- Local gardeners and the Territorial Farmers' Association
- Territorial Nutritionist, Department of Health and Social Services: www.hss.gov.nt.ca
- Department of Industry, Tourism and Investment website: [www.iti.gov.nt.ca](http://www iti.gov.nt.ca)