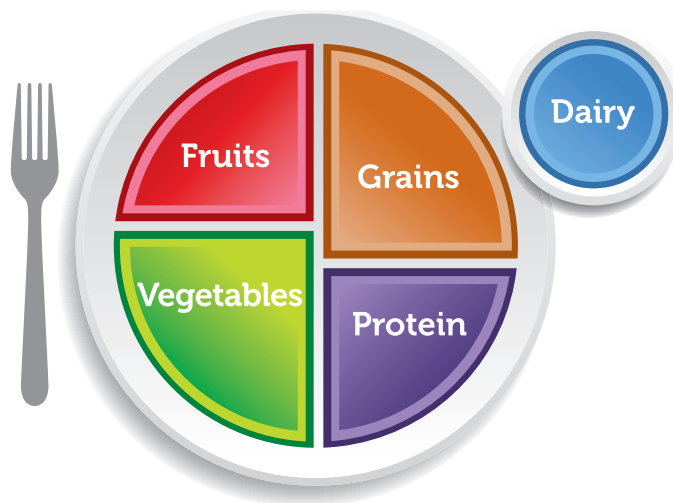


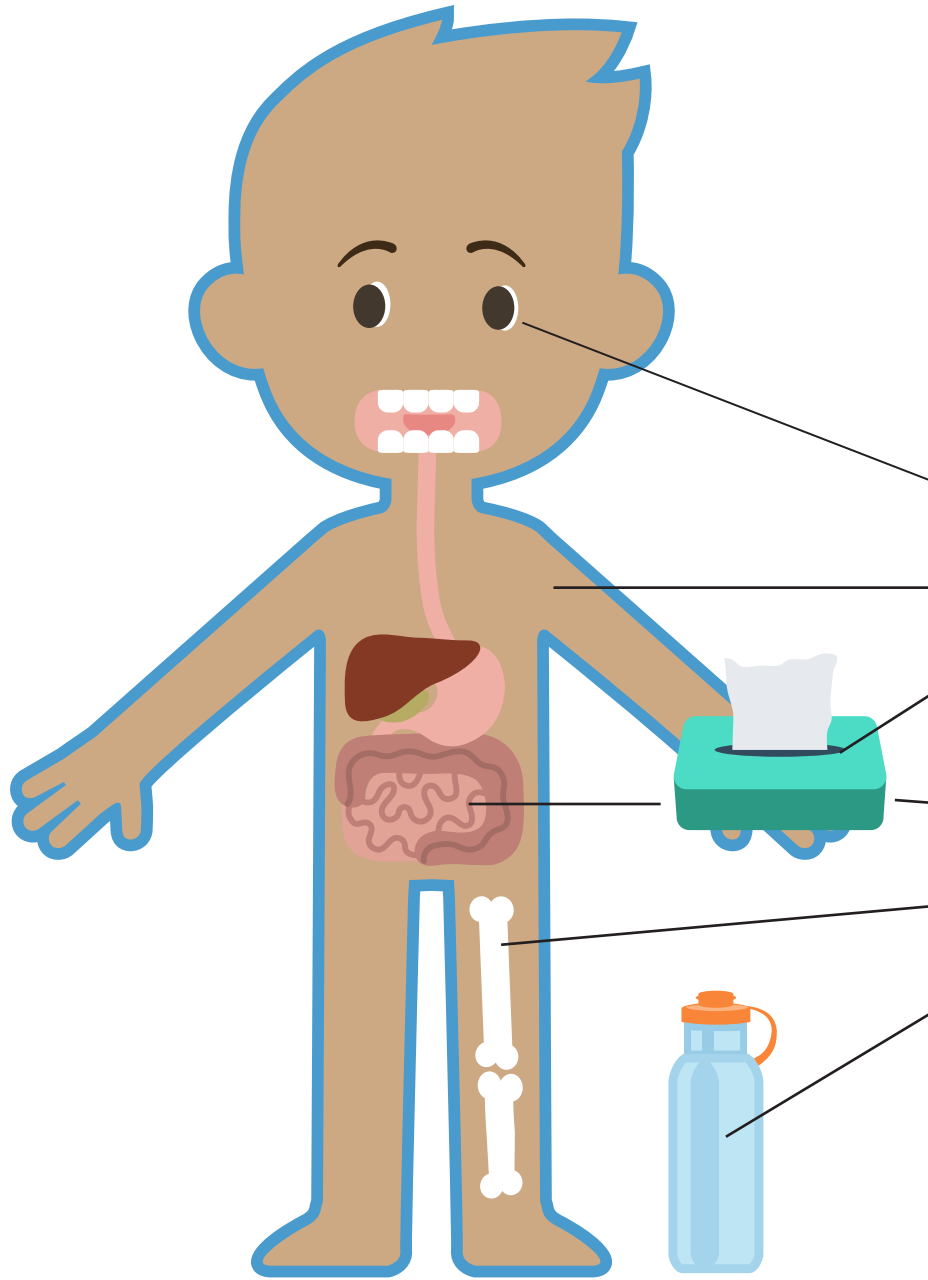
Here's what we're trying today!



It contains ingredients in these food groups:



- Fruits
- Vegetables
- Protein
- Grains
- Dairy



It's good for:

- Your Eyes
- Strong Muscles
- Preventing Cough/Cold
- Helping Digestion
- Strong Bones
- Providing Water

FSNE Smarter Lunchrooms Good For You Justification

The FSNE Smarter Lunchrooms Tasting Poster includes an optional image that identifies the body parts/systems a food is good for. The sign is best used with single ingredient tastings of fruits, vegetables, and legumes.

The list below can help you identify what body systems a particular food benefits or supports. Find nutrition facts labels in the fruit and vegetable nutrition database at

www.fruitsandveggiesmorematters.org

STRONG BONES: at least 10% DV Calcium per serving

Example foods:

- Edamame (10% DV)

PREVENTS COUGH/COLD: at least 10% DV Vitamin C per serving

Example foods:

- Bell Peppers (250% DV)
- Orange (120% DV)
- Kiwi (110% DV)
- Broccoli (70% DV)

HELPS EYES: at least %DV Vitamin A per serving

Example foods:

- Pumpkin (140% DV)
- Lettuce (80% DV)
- Mango (70% DV)

STRONG MUSCLES: at least 5 grams of protein per serving

Example foods:

- Edamame (11 grams)
- Hummus (5 grams)

PROVIDES WATER: at least 80% water volume content

Contact the FSNE state office to identify water content. Here are some examples of water-rich foods:

- Zucchini (95% water volume)
- Radishes (95% water volume)
- Tomato (94% water volume)
- Watermelon (92% water volume)
- Cauliflower (92% water volume)
- Bell Peppers (92% water volume)
- Broccoli (91% water volume)
- Oranges (87% water volume)

HELPS DIGESTION: at least 2 grams fiber per serving

Example foods:

- Mango (5 grams)
- Apples (4 grams)
- Jicama (3 grams)
- Nectarine (2 grams)