



# Harvest of the Month

## Nutrition Glossary

### Antioxidants

Helps prevent chemical damage to cells and can promote vision health, keep the immune system healthy, support cardiovascular health and help prevent cancer.

### Beta carotene

A precursor to Vitamin A that is important for eyesight, skin and normal growth; it may also help the body fight sickness and reduce chronic diseases such as cancer and heart disease.

### Copper

A mineral that supports infant growth, bone strength, brain development and the building of a strong immune system.

### Fiber

Helps maintain steady blood sugar levels, promote bowel regularity, and may help to prevent cancer.

### Folate

A B-complex vitamin, also known as folic acid, that can help prevent birth defects; it is vital for growth development, especially for young children.

### Iron

An essential mineral for maintaining the delivery of oxygen throughout the body.

### Lutein

A phytonutrient proven to be effective in reducing the risk of cancer.

### Lycopene

A powerful antioxidant that decreases the risk of certain cancers and heart disease.

### Manganese

Helps support the immune system, maintain normal blood sugar levels and support normal bone growth and reproduction.

### Potassium

Helps maintain muscle contractions, a healthy heart and a healthy nervous system; it also may help control blood pressure.

### Vitamin A

A central component of vision health.

### Vitamin C

Helps the body to fight off illness and keep the immune system healthy; is essential for metabolism; promotes healing of gums and tissues; and may also help to prevent heart disease.

### Vitamin K

Essential for proper bone growth and aids in blood coagulation.



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