

Food Crops and Their Nutritional Benefits

Researched by Emily Bishton, Spring 2015 and Spring 2018

Radishes	Vitamin C	Teeth and Mouth
Beets	Vitamin A, C, Calcium	Eyes, Bones, Teeth and Mouth
Lettuce	Vitamin A, B, E, K, Calcium	Eyes, Muscles, Skin, Bones, Teeth and Mouth
Chard	Vitamin A, B, E, K, Calcium	Eyes, Muscles, Skin, Bones, Teeth and Mouth
Tomatoes	Vitamin A, C, Calcium	Eyes, Bones, Teeth and Gums
Peas	Vitamin A, C, Calcium	Eyes, Bones, Teeth and Mouth
Potatoes	Vitamin C	Teeth and Mouth
Peppers	Vitamin C	Teeth and Mouth
Green Beans	Vitamin A, C, Calcium	Eyes, Bones, Teeth and Mouth
Cilantro	Vitamin A, B, E, K, Calcium	Eyes, Muscles, Skin, Bones, Teeth and Mouth
Parsley	Vitamin A, B, E, K, Calcium	Eyes, Muscles, Skin, Bones, Teeth and Mouth
French Sorrel	Vitamin A, B, C, E, K, Calcium	Eyes, Muscles, Skin, Bones, Teeth and Mouth

Broccoli and Cauliflower	Vitamin A, C, Calcium	Eyes, Bones, Teeth and Mouth
Cucumber	Vitamin A, C, Calcium	Eyes, Bones, Teeth and Mouth
Kale, Mustard Greens, Collard Greens	Vitamin A, B, E, K, Calcium	Eyes, Skin, Muscles, Bones, Teeth and Mouth
Bok Choi/Pak Choi	Vitamin A, B, E, K, Calcium	Eyes, Skin, Muscles, Bones, Teeth and Mouth
Strawberries Blackberries Raspberries	Vitamin C Vitamin C, E, K Vitamin B, C, E, K, Cal.	Teeth and Mouth Plus Skin, Muscles Plus Bones
Spinach	Vitamin A, B, C, K, Calcium	Eyes, Skin, Muscles, Bones, Teeth and Mouth
Garlic, Chives, Onion	Vitamin C, Calcium	Bones, Teeth and Mouth
Carrots	Vitamin A, C, Calcium	Eyes, Bones, Teeth and Mouth
Dill and Fennel	Vitamin C, Calcium	Bones, Teeth and Mouth
Celery	Vitamin B, C, K, Calcium	Skin, Muscles, Bones, Teeth and Mouth
Calendula petals Rose Petals	Vitamin A Vitamin C	Skin Teeth and Mouth
Mint	Vitamin A, B, C, Calcium	Eyes, Skin, Bones, Teeth and Mouth