Match the Nutrient to the Food

High in Vitamin A	High in Vitamin B	High in Vitamin C	High in Fiber

Raspberries
Cantaloupe
Bell peppers
Corn bread
Brown rice
Lettuce
Cabbage
Cherries
Sweet potato
Pita bread
orange
Mango
Cauliflower

All-Bran
Pumpkin
Pretzels
Grapefruit
Whole grain bread
Potato with skin
Tomatoes
Broccoli
Pasta
Tortillas
Apricots
Banana
Carrots

Dates
Plums
Couscous
Brussels sprouts
Winter squash
Granola
Tangerine
Blackberries
Cooked Beans
Figs
Pear
Spinach

Match the Nutrient to the Food

High in Vitamin A	High in Vitamin B	High in Vitamin C	High in Fiber
Apricots	Brown rice	Apricots	Apple
Cantaloupe	Pita bread	broccoli	Banana
Carrots	Corn bread	Cabbage	Blackberries
Lettuce	All bran	Cantaloupe	Brussels sprouts
Pumpkin	Pretzels	Grapefruit	Corn bread
Spinach	Whole grain bread	Mango	Brown rice
Sweet potato	Tortillas	Orange	Granola
Winter squash	granola	Spinach	All bran
		Strawberries	Cooked beans
		Tangerine	Dates
		Tomatoes	Figs
			Raspberries
			Spinach
			Sweet Potatoes

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Tomatoes
Broccoli
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Dates
Plums
Couscous
Brussels sprouts
Winter squash
Granola
Tangerine
Blackberries
Cooked Beans
Figs
Pear
Spinach