

## Protein

Powerful Peas

Brave Beans

## B Vitamins

Powerful Peas

Clever Corn

Brainy Beets

Brave Beans

Captain Carrot

Pow Wowzie Peppers

## Vitamin C

Powerful Peas

Clever Corn

Brainy Beets

Brave Beans

Totally Cool Tomatoes

Zippy Zucchini

Awesome Onion

Courageous Cucumber

Pow Wowzie Peppers

Radical Radish

## Iron

Powerful Peas

Brainy Beets

Brave Beans

Lucky Lettuce

## Carbohydrates

Powerful Peas

Clever Corn

Brainy Beets

Brave Beans

Captain Carrot

## Vitamin A

Clever Corn

Brainy Beets

Lucky Lettuce

Totally Cool Tomatoes

Zippy Zucchini

Captain Carrot

Courageous Cucumbers

Pow Wowzie Peppers

## Potassium

Clever Corn

Brainy Beets

Lucky Lettuce

Totally Cool Tomatoes

Awesome Onion

Courageous Cucumber

Pow Wowzie Peppers

## Calcium

Brainy Beets

Lucky Lettuce

## Phosphorus

Brave Beans

Pow Wowzie Peppers