

The Great Veggie Challenge

Eat lots of different vegetables to get the most nutrition.

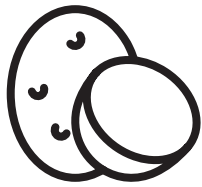
Veggies and fruits should take up half your plate at every meal.

Veggies are high in vitamins, minerals, fibre, and phytonutrients.

The top three vegetables grown in Manitoba are potatoes, onions and carrots.



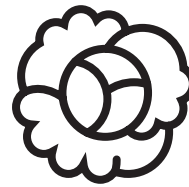
Broccoli



Potato



Carrot



Cabbage



Cucumber



Lettuce



Tomato



Onion



Green Peas



Eggplant



Pumpkin



Pepper



Parsnip



Beet



Brussels Sprouts



Spinach



Swiss Chard



Jicama



Rutabaga



Corn



Cauliflower



Celery



Asparagus



Green Bean



Artichoke



Kale



Radish



Squash



Avocado



Sweet Potato



Leek



Turnip



Taro Root



Okra



Cassava