	US Consumer Health Concerns ¹											Fresh/Raw Nutrients (value 10% + or -)/ 100g ²												
VEGETABLE	41								še															
BENEFITS &	Cardiovascular Disease							Diabetes/Blood Sugar	Physical Activity/Exercise															
DENEFITS &	Ö			_				S D	ty/E															
Wellness	cula			ging	_	£	_	990	ctivi		g								_				e .	
VVELENESS	was		=	, A	ster	Hea	salt	tes/	al A	ţion	ioui	tics		j.	in A	i.	пХ	ν̈	ii.	E	<u>~</u>		ane	.⊆
	ardic	Cancer	Weight	Healthy Aging	Cholesterol	Bone Health	Eye Health	iabe	hysic	Digestion	Carotenoids	Prebiotics	Fiber	Vitamin C	Vitamin A	Vitamin E	Vitamin K	Folates	Potassium	Calcium	Copper	Iron	Manganese	Organic
Garlic	0	O	>	Ξ_	0	Ω	ш.		۵.		0	۵	正	>	>	>	>	IE.	۵.	0	O	=	2	$\stackrel{\circ}{\vdash}$
Ginger																								
Kale																								
Onion																								
Tomatoes																								
Vidalia																								
Beets																								
Celery																								
Chipotle																								
Cilantro																								
Lettuce																								
Parsley																								-
Spinach		_																						
Sweet Potato Watercress																								
Cayenne																								
Cucumbers																								-
Bell Peppers																								-
Carrot																								
Artichoke																								
Capers																								\Box
Lemongrass																								

¹Source: 2011 IFIC Functional Foods/Foods for Health Consumer Trending Survey ²Source: USDA National Nutrient Database



Fresh Ingredients. Endless Possibilities.