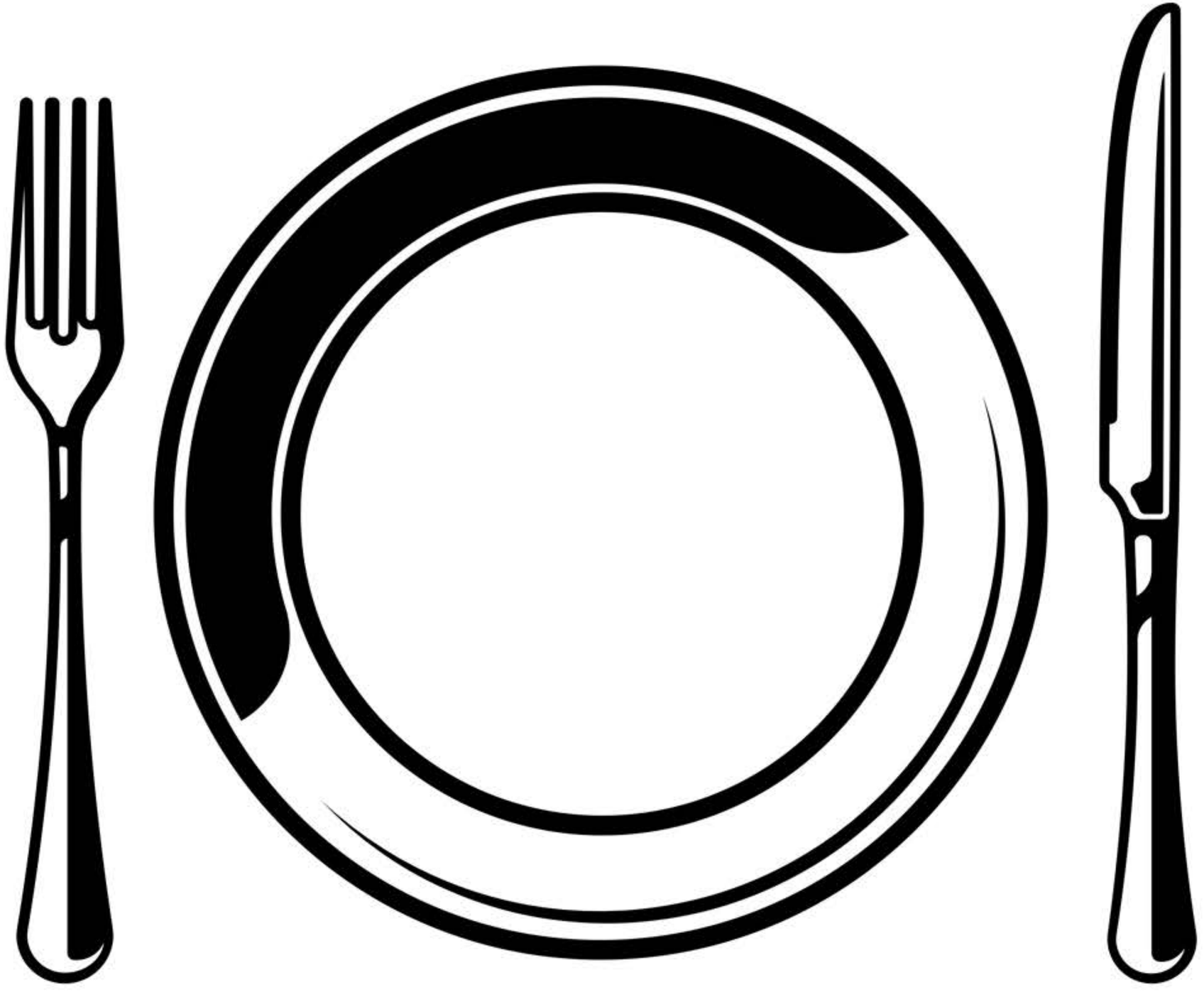
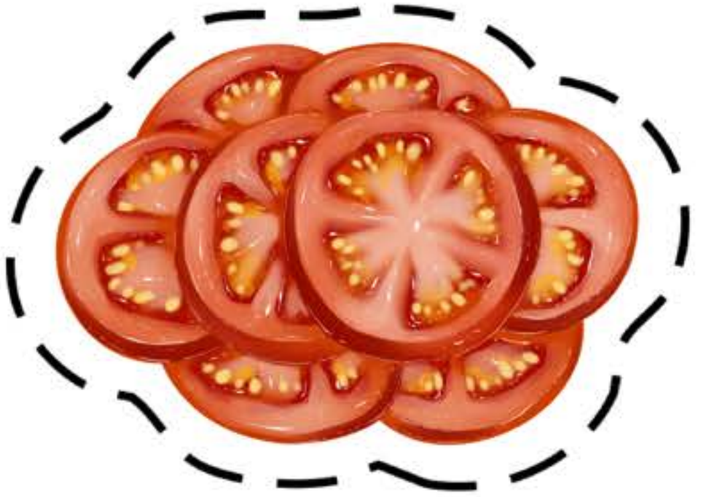
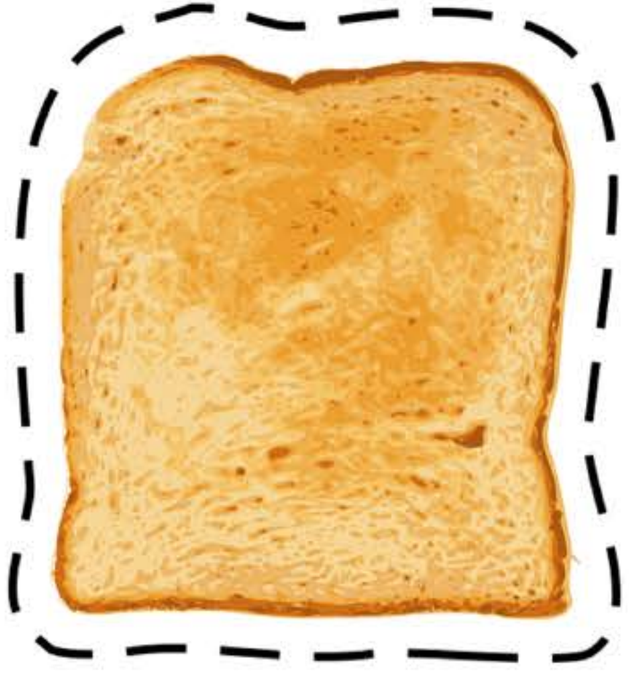
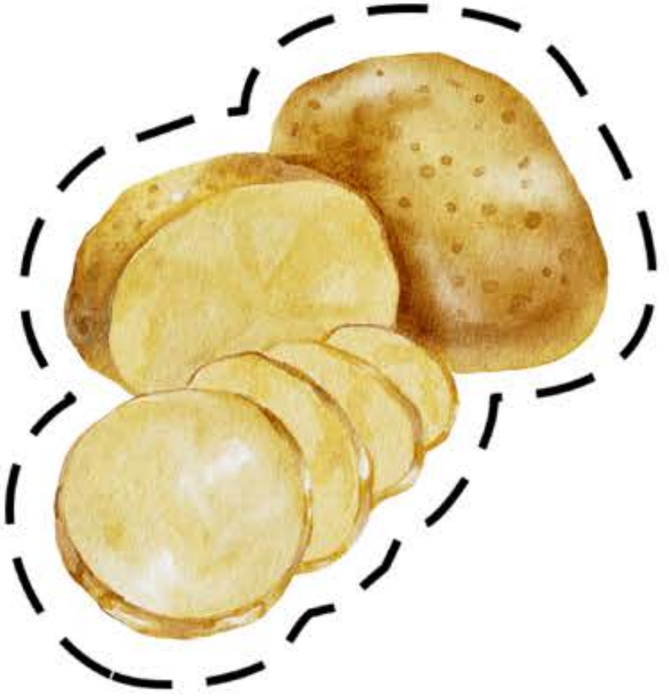








Lettuce

Lettuce is 95% water and is rich in Vitamin A. This means it can help you stay hydrated and it's good for your eyes!

Environmental Impact: Low

Tomato

Tomatoes are packed with Vitamin C and potassium which are both important to keeping you healthy

Environmental Impact: Low

Chicken

Chicken is a good source of protein and can be used in sandwiches, wraps or pasta!

Environmental Impact: Medium

Whole Wheat Bread

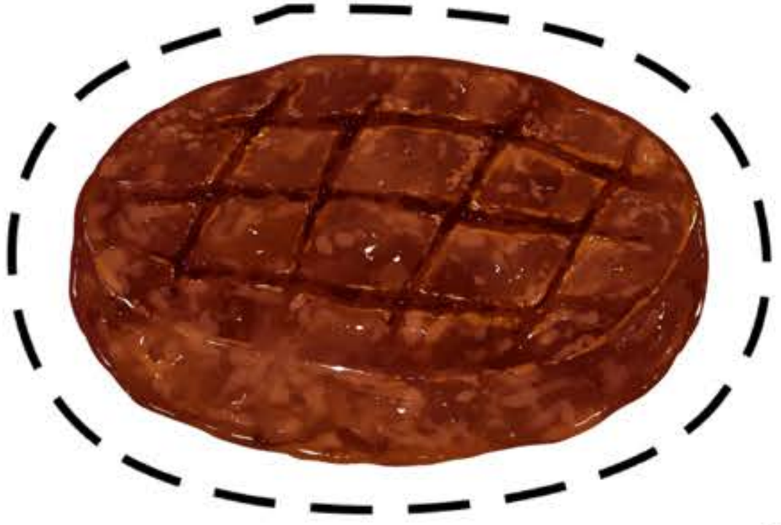
Whole wheat bread is very versitile and has a lot of fiber. Fiber helps keep your digestive system and your heart healthy.

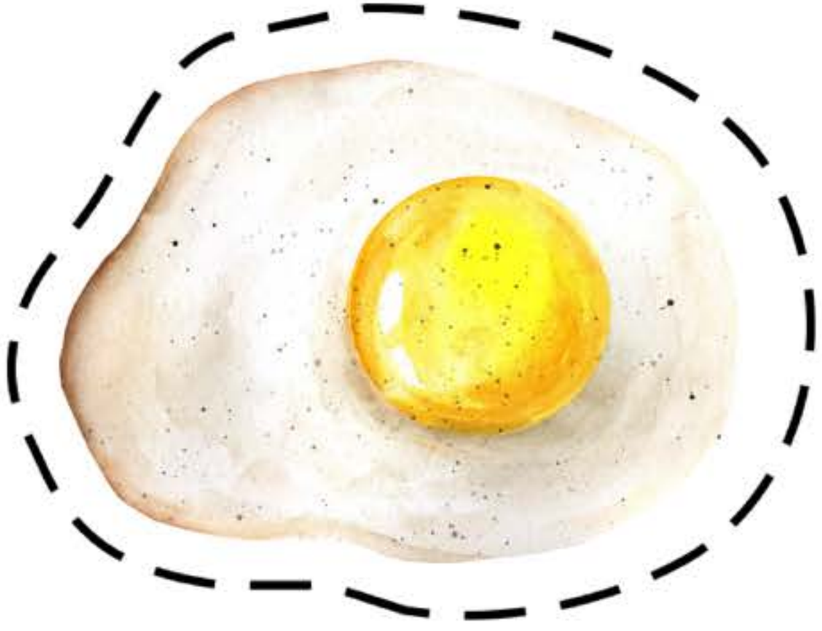
Environmental Impact: Low

Potato

Potatoes can be mashed, baked, or even grilled. They are rich in fiber and potassium which is good for your digestive system and heart.

Environmental Impact: Low





Fish

Provides good vitamins and nutrients to help boost the immune system and enhance brain development

Environmental Impact: Low

Oatmeal

Oatmeal is a great source of fiber and helps get your brain moving early in the day.

Environmental Impact: Medium

Steak

Beef is high in protein that helps build muscle and grow strong bones. It is also high in zinc that supports your metabolism and digestion

Environmental Impact: High

Egg

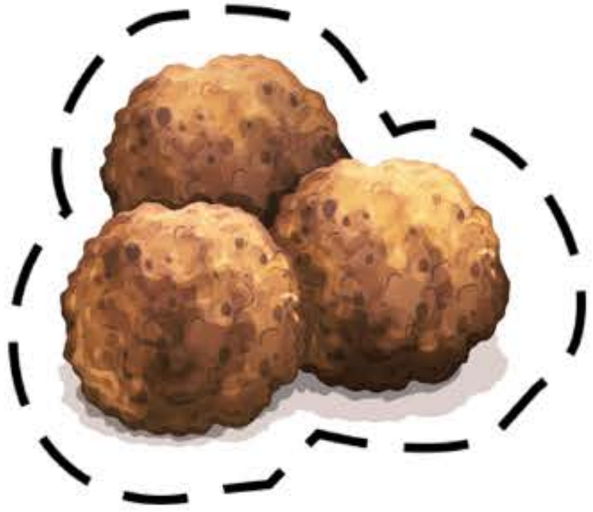
Eggs are great for your eyesight and a great source of protein. Eat these in the morning to get a good use of energy!

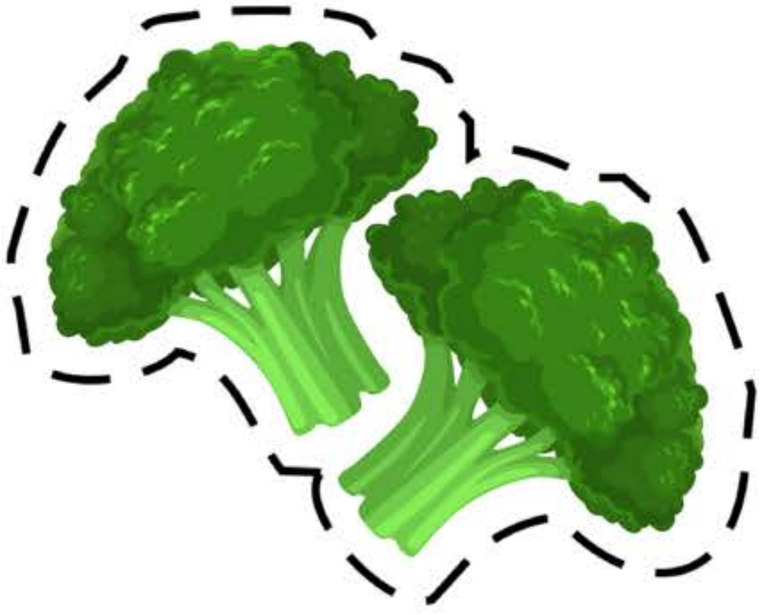
Environmental Impact: Medium

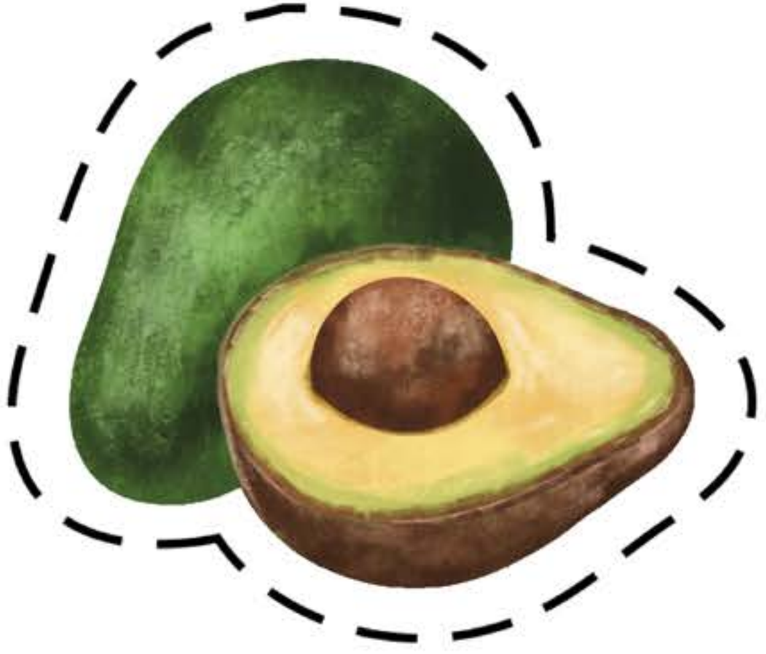
Apples

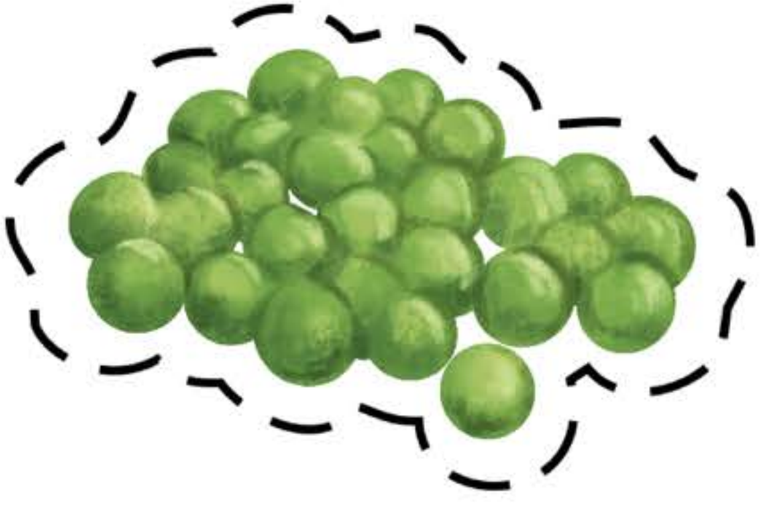
Apples are made up of about 86% of water and have lots of good vitamins to improve brain power and digestion

Environmental Impact: Low









Meatballs

Meatballs are a good source of protein which is essential in building your immune system. Including protein in your diet can help create a balanced diet.

Environmental Impact: **High**

Broccoli

Broccoli has a lot of Vitamin C which is very good for your skin protection and helps heal wounds.

Environmental Impact: **Low**

Lettuce

Lettuce is 95% water and is rich in Vitamin A. This means it can help you stay hydrated and it's good for your eyes!

Environmental Impact:

Low

Black Beans

Beans come in many different shapes and colors. They are a great source of vegetable protein and minerals like zinc, iron, and magnesium.

Environmental Impact:

Low

Avocado

Avocados have a "good" fat within them that helps lower cholesterol and are also a good source of fiber.

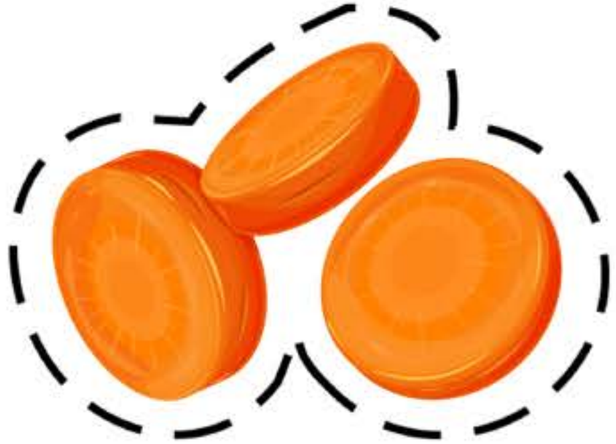
Environmental Impact:

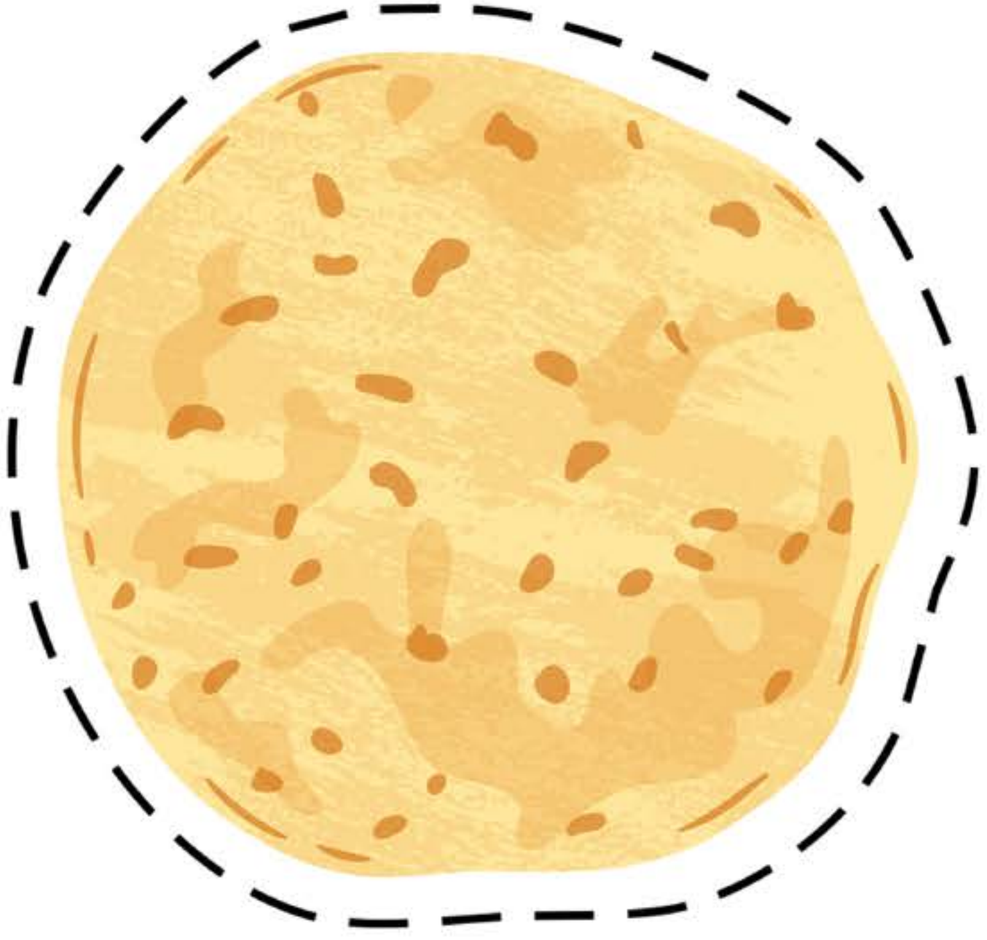
Low

Peas

Peas are full of vitamins and minerals that help boost your immune system and helps lower the risk of heart disease

Environmental Impact: **Low**





Carrots

Carrots are very well known to help with eyesight and are full of good vitamins and minerals.

Environmental Impact: Low

Blueberries

Blueberries have lots of health benefits and Vitamin C.

Environmental Impact: Low

Mushroom

Mushrooms are a source of vitamin B, which is good for our energy levels and our brain function.

Environmental Impact:

Low

Tortilla

Tortillas have minerals like fiber and magnesium that help in your digestive system and improve brain, heart, and muscle function.

Environmental Impact: Medium

Pasta

Pasta has lots of nutrients that provide good energy for the body to get you through the day.

Environmental Impact:

Low

Lentils

Lentils are a type of plant protein that serve as much as some meat products. They have potassium and fiber that can help with stomach issues.

Environmental Impact:

Low