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Fruit and Vegetable facts you may not know...

- **Mangos** - Just one cup of mango supplies 100% of a day's vitamin C, one-third of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber.
- **Watermelon** - Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 80 fat-free, salt-free calories.
- **Sweet Potatoes** - A nutritional All-Star — one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber.
- **Broccoli** - It has lots of vitamin C, carotenoids, vitamin K and folic acid.
- **Garbanzo Beans** - All beans are good beans. They're rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they're so versatile. Just drain, rinse, and toss a handful on your green salad; throw them into vegetable stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.
- **Butternut squash** - It's an easy way to get lots of vitamins A and C and fiber.
- **Leafy Greens** - Don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These stand-out leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber.

Reference: http://www.cspinet.org/nah/10foods_bad.html

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