



A Message From Bobby Broccoli



Hi, kids! My name is Bobby Broccoli and I would like to fill you in on (and up with) some tasty tidbits of news. . . .

- Broccoli is now more popular than ever! Did you know that the average person in the United States eats 6 pounds (3 kilograms) of broccoli a year?
- Broccoli is loaded with vitamin C and fiber, is very low in unhealthy fat, and is rich in beta-carotene—nutrients that keep our hearts healthy!
- Broccoli is also a terrific vegetable source of calcium. It's good for your teeth and bones!

I know we're going to like each other!

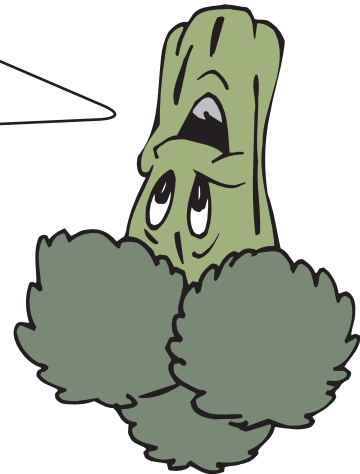
From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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