



Almost Everyone Needs to Eat More Fruits and Vegetables

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

Fruits and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

Fruits and Vegetables on the Go!

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.



The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. www.fruitsandveggiesmatter.gov

Eating right makes you feel good, and it's important for reducing your risk for diseases like heart disease, certain cancers, diabetes, stroke, and osteoporosis. In fact, healthier eating could reduce cancer deaths in the United States by as much as 35 percent.

<http://www.healthierus.gov/nutrition.html>

U. S. FDA/Center for Food Safety and Applied Nutrition HHS, USDA Report

Healthful diets help children grow, develop, and do well in school. They enable people of all ages to work productively and feel their best. Food choices also can help to reduce the risk for chronic diseases, such as heart disease, certain cancers, diabetes, stroke, and osteoporosis, that are leading causes of death and disability among Americans. Good diets can reduce major risk factors for chronic diseases -- factors such as obesity, high blood pressure, and high blood cholesterol.

Foods contain energy, nutrients, and other components that affect health

<http://www.cfsan.fda.gov/~dms/nutguide.html>