



## BRING ON THE FRUITS AND VEGGIES!

Research has shown that people who regularly eat lots of fruits and vegetables get a wide variety of significant health benefits from doing so, including a reduced risk of certain cancers, heart disease, stroke, and type 2 diabetes. They are also great for digestive health, prevention of kidney stones, keeping your eyes healthy, and even helping you reach or maintain a healthy weight.

Here are a few examples of key nutrients found in many fruits and vegetables. See what those nutrients can do for you, and what you should eat to enjoy the benefits:

Nutrient	Why It Matters	Where to Get It
Fiber	Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease	<b>Excellent vegetable sources:</b> Navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes
Potassium	Diets rich in potassium may help to maintain a healthy blood pressure.	<b>Good fruit and vegetable sources:</b> Bananas, sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice
Vitamin A	Vitamin A keeps eyes and skin healthy and helps to protect against infections.	<b>Excellent fruit and vegetable sources:</b> Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
Vitamin C	Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.	<b>Excellent fruit and vegetable sources:</b> Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

Many nutritional experts recommend that people consume at least five different kinds of vegetables and two kinds of fruits each day. How much you need depends on your age, gender and activity level.