TOP 10 REASONS TO EAT MORE FRUITS & VEGGIES

#10: Lots of texture options—crunchy, chewy, soft, and crisp. Who doesn’t love the snap of a crisp green bean or the juiciness of a sweet orange?

#9: Color, Color, Color – green, yellow, orange, and purple hues add pizzazz to your plate or serving dish.

#8: Packed full of potassium— important for maintaining a healthy blood pressure.

#7: Fast Food—Mother Nature’s design makes these tasty treats a true fast food.

#6: Disease protection—consuming an abundant amount of fruits and vegetables reduces your risk for developing some forms of cancer, heart disease, and high blood pressure.

#5: Low calorie— fruits and veggies can help lower calorie intake which supports maintaining a healthy weight.

#4: You will not be bored! Lots of options make it easy for even the pickiest eater to find several fruits and vegetables to enjoy.

#3: A vitamin and mineral bonanza—all these essential nutrients in fruits and vegetables boost energy levels and promote a healthy balance.

#2: Awesome seasonal variety! While apples are plentiful and most delicious in the fall it is exciting to anticipate berries, watermelon and cantaloupe in the summer.

#1: Fiber— getting your fill of fiber maintains regularity, lowers cholesterol levels, and provides a sense of fullness and satiety. Fruits and vegetables are packed with great tasting fiber!