

FIVE OR MORE SERVINGS OF FRUITS & VEGETABLES

HAND
OUT **F1**



TOP 10 REASONS TO EAT MORE FRUITS & VEGGIES

- TEN** Color & Texture. Fruits and veggies add color, texture, and appeal to your plate.
- NINE** Convenience. Nutritious in any form — fresh, frozen, canned, dried and 100% juice, so they are ready when you are!
- EIGHT** Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
- SEVEN** Low in Calories. Fruits and veggies are naturally low in calories.
- SIX** May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- FIVE** Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- FOUR** Variety. Fruits and veggies are available in an almost infinite variety...there's always something new to try!
- THREE** Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.
- TWO** Fun to Eat! Some crunch, some squirt, some you peel, some you don't, and some grow right in your own backyard!
- ONE** Taste Great!