

June is Fresh

Fruit & Vegetable Month!

Here are some reasons why you should eat more fruits and vegetables!

A healthy diet is a colorful diet!

Eat plenty of fruits and vegetables that are rich in color, like carrots, mangoes, blueberries, or spinach! Bright and dark colors are best. A colorful plate means that your meal provides you with many of the important vitamins and minerals your body needs to stay healthy and protect itself from diseases, like cancer.

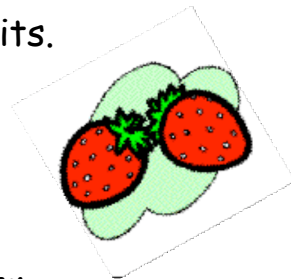
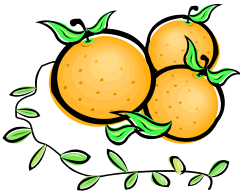


Their antioxidants fight off disease!

Fruits and vegetables, like citrus, strawberries, grapes, carrots, and leafy greens, are rich in Vitamins A, C and E. These vitamins are antioxidants and protect your body against damage and disease.

They have lots of vitamins and minerals with very few calories!

Most fruits and vegetables provide a lot nutrients but are low in calories. Watch out for starchy vegetables, like corn, peas and potatoes, which are higher in calories than other vegetables, like leafy greens, broccoli, tomatoes, and peppers. Some of the most nutritious fruits that are low in calories are berries, oranges, lemons, and grapefruits.



They're good sources of fiber

Fiber helps control your hunger, keep regular bowel movements, and may also help lower cholesterol.