

# Top 10 Reasons to Eat MORE Fruits & Vegetables



## 10. Color & Texture

Adding fruits and veggies adds bright color, texture, and visual appeal to any dish.

## 9. Convenience

Fruits and veggies provide nutrition in various forms. Fresh, frozen, canned, dried, and 100% fruit or vegetable juice are all part of a healthy lifestyle.

## 8. Fiber

Fruits and veggies contain fiber to help keep you full after a meal and make your digestive system happy.

## 7. Fights Disease

Eating the recommended amounts of fruits and veggies daily may help lower your risk of disease.

## 6. Vitamins & Minerals

Fruits and veggies are packed with vitamins and minerals that promote a healthy and energized feeling.

## 5. Variety

Fruits and veggies come in a diverse range, offering a wide variety for you to explore and try out new flavors.

## 4. Fast and Healthy Snacking

Fruits and veggies are nature's treat, perfect for a quick snack on the go.

## 3. Fun to Eat!

Some fruits and veggies crunch, some you peel, and some grow right in your own backyard!

## 2. Hydration

Fruits and veggies have a high water content. Eating them on a daily basis helps to keep you hydrated.

**1. Fruits and Veggies are NUTRITIOUS and DELICIOUS!**