Top 10 Reasons to Eat MORE Fruits & Vegetables

10 Color & Texture. Fruits and veggies add color, texture… and appeal… to your plate.

9 Convenience. Fruits and veggies are nutritious in any form- fresh, frozen, canned, dried, and 100% juice, so they’re ready when you are!

8 Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.

7 Low in Calories. Fruits and veggies are naturally low in calories.

6 May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases.

5 Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

4 Variety. Fruits and veggies are available in a wide variety… there’s always something new to try!

3 Quick, Natural Snack. Fruits and veggies are nature’s treat and easy to grab for a snack.

2 Fun to Eat! Some crunch, some squirt, some you peel… some you don’t, and some grow right in your own backyard!

1 Fruits and Veggies are Nutritious AND Delicious!

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.

Information courtesy of Produce for Better Health Foundation (www.MoreMatters.org)