



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!

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