

## Eat your fruits and veggies

According to the U.S. Department of Agriculture and U.S. Department of Health and Human Services, we should eat a variety of fruits and vegetables — at least two servings of fruits and three of vegetables — each day.

Why? Eating plenty of fruits and vegetables may help protect us against many chronic diseases. Fruits and vegetables provide essential vitamins and minerals, fiber and other nutrients that are important for good health. Most fruits and vegetables are naturally low in fat and calories, but are filling.

### Easy ways to get five a day:

- Have fruit or juice at breakfast.
- Pack ready-to-eat fruits and vegetables for a convenient snack on the go.
- Put ready-to-eat raw vegetables in a clear container at the front of your refrigerator.
- Keep a day's supply of fresh or dried fruit handy on the table or counter.
- Enjoy fruits as a naturally sweet end to a meal.
- Mix fruits or vegetables with other foods in salads, casseroles, soups and sauces.



### Stay healthy and fit

With healthy eating and regular physical activity, people of all ages can work productively, enjoy life and feel their best.

Source: USDA Center for Nutrition Policy and Promotion, [www.cnpp.usda.gov](http://www.cnpp.usda.gov)

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