FRUIT AND VEGETABLE FACTS

1. The USDA recommends that half of your plate be filled with vegetables and fruits.
2. Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
3. Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity and Type 2 Diabetes.
4. Eating potassium-rich vegetables and fruits as part of an overall healthy diet may lower blood pressure, reduce the risk of developing kidney stones and help to decrease bone loss.

Source: USDA www.choosemyplate.gov