



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

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Source: USDA www.choosemyplate.gov

