

September is... National Fruit & Vegetable Month!

Enjoy 5 servings of fruits and vegetables daily

Q: Why are fruits and vegetables so important for our bodies?

A: Eating a diet rich in fruits and vegetables may reduce the risk of chronic diseases such as cardiovascular disease and type 2 diabetes. A diet rich in fruits and vegetables may also protect against certain cancers.

Q: What nutrients are in fruits and vegetables?

A: Not only are fruits and vegetables low in fat and calories, but they also contain many nutrients. They are important sources of potassium, folic acid, dietary fiber, and vitamins A, C, and E.

Q: Which vegetables should I include in my diet?

A: Sweet potatoes, carrots and spinach are important sources of vitamin A which helps you maintain healthy eyes and skin. Potassium rich vegetables include tomatoes, potatoes and squash. Potassium helps to control blood pressure.

Q: Which fruits should I eat?

A: Berries and pears are good sources of dietary fiber. Fiber plays an important role in digestion and helps to reduce blood cholesterol. Vitamin C is found in fruits like kiwis, oranges and strawberries. This vitamin helps our body heal wounds.

