

## Fruits and Vegetables – they’ve got what you need, naturally

Source: [www.5aday.gov](http://www.5aday.gov)

To get a healthy variety of fruits and vegetables think color. Eating fruits and vegetables of different colors, gives your body a wide range of valuable nutrients, like fiber, potassium, and vitamins A and C. Some examples include dark green spinach, orange sweet potatoes, black beans, blue corn, purple chokecherries, red chili, or white onions. For more variety, try new fruits and vegetables regularly.

### TAKE A HEALTHY BITE.

FRUITS AND VEGETABLES ARE A GREAT SOURCE OF MANY VITAMINS, MINERALS AND OTHER NATURAL SUBSTANCES THAT MAY HELP PROTECT YOU FROM CHRONIC DISEASES. SOME OF THESE NUTRIENTS MAY ALSO BE FOUND IN OTHER HEALTHY FOODS. EATING A BALANCE DIET AND MAKING OTHER LIFESTYLE CHANGES ARE ALSO KEY TO DEFENDING YOUR BODY’S GOOD HEALTH.

#### FIBER

Diets rich in fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Excellent fruits and vegetables sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybean, split peas, chick peas, black eyed peas, lentils, artichokes

#### POTASSIUM

Diets rich in potassium may help to maintain a healthy blood pressure

Good fruits and vegetables sources: Sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

## VITAMIN A

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

Excellent fruits and vegetable sources:  
Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

## VITAMIN C

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Excellent fruit and vegetable sources:  
Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower