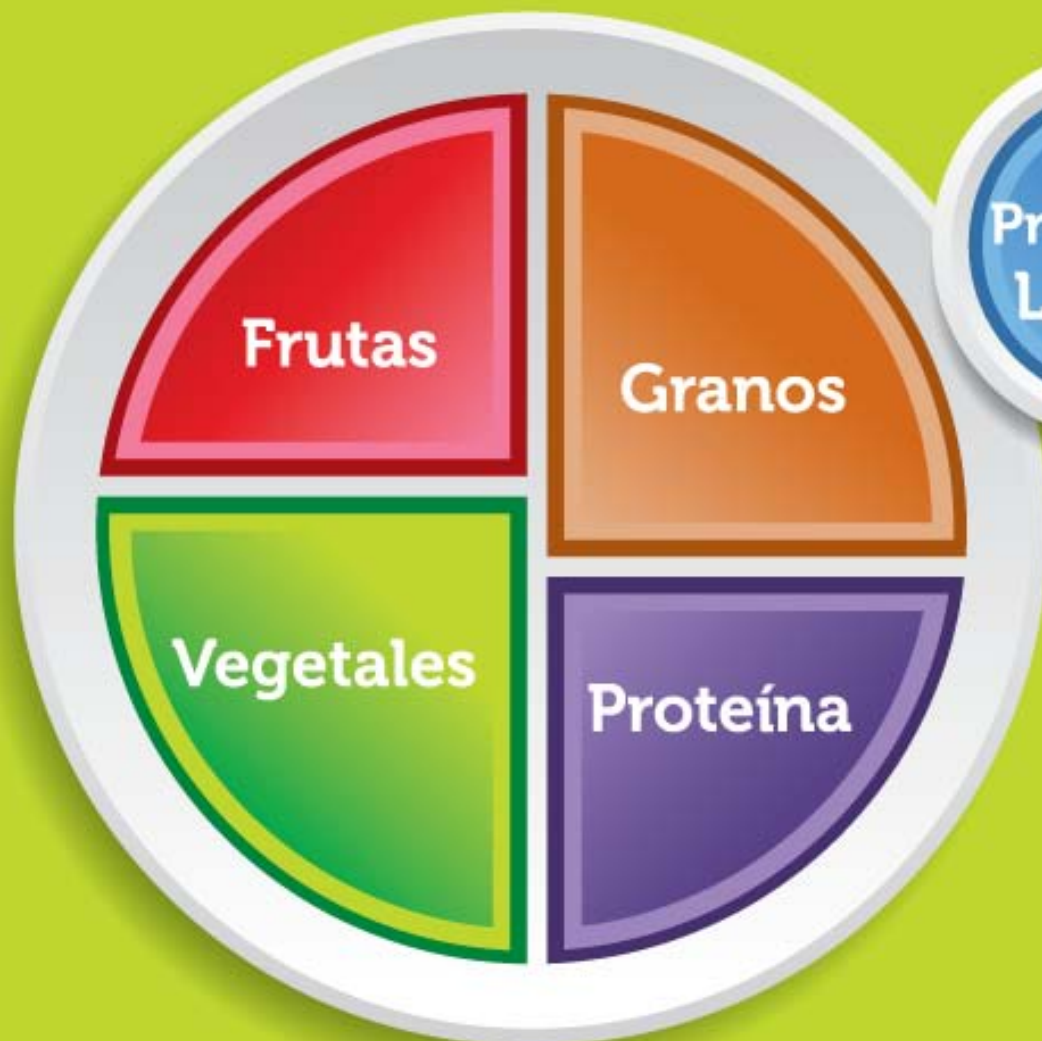


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Why eat more vegetables and fruits?

- * **Reduced risk of many chronic diseases. At least 2 1/2 cups of vegetables and fruits per day can reduce risk of heart attacks and strokes. Some vegetables may give protection against certain types of cancers.**
- * **Most vegetables and fruits prepared without added fats or sugars are low in calories. Eat them instead of more fattening foods to help achieve and maintain a healthy body weight.**
- * **In the United States we are concerned that most individuals do not get enough folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K (this includes concern for pregnant women). Vegetables and fruits “nutrient-dense” and good sources of vitamins and minerals.**
- * **Market fresh produce ripens in the field, and is eaten soon after it is picked. It is a healthy choice.**

Good source for minerals. Nutrient-dense foods provide vitamins, minerals, and other substances that may have positive health effects, with relatively few calories. All vegetables, fruits that are prepared without added solid fats, sugars, starches and sodium are nutrient-dense.

Nutrient-dense foods also minimize or exclude added salt or other compounds high in sodium.

Very few Americans consume the recommended amounts of vegetables and fruits. They have difficulty buying and preparing what they need every day.