

Why 5 – 9 Servings of Fruits and Vegetables Per Day?

- Comes from the Dietary Guidelines for Americans
- Choose 2 – 4 servings of fruit.
- Choose 3 – 5 servings of vegetables.
- Fruits and vegetables deliver vitamins, minerals, and fiber your body needs to stay healthy.
- Packed with hundreds of disease-fighting phytochemicals – natural substances that work together to promote good health.
- Studies show that those whose diets are rich in fruits and vegetables may have:
 - lower risk of developing certain types of cancers
 - lower risk of heart disease
 - reduction of high blood pressure
 - easier time maintaining a healthy weight