

# STAY HEALTHY WITH FRUITS & VEGETABLES

An overview of fruits and vegetables that meet the daily requirements of vitamins and minerals to stay healthy.



# WHY EAT FRUITS AND VEGETABLES?

Fruits and vegetables contain vitamins and minerals we need to stay healthy.



# HOW MUCH SHOULD WE EAT?



The following quantities are recommended to maintain a healthy diet:

- Eat 1 to 1 ½ cups of fruit per day
- Eat 2-3 cups of vegetables per day

# VITAMINS AND MINERALS



- Vitamins and minerals helps our bones and muscles stay strong
- Vitamins and minerals help keep us healthy

# CALCIUM

- Calcium is a mineral that keeps our bones, muscles and teeth strong and healthy
- Calcium is found in dark leafy greens like kale, spinach and broccoli, as well as in oranges!



# IRON

- Iron is a mineral that helps our blood stay healthy. When we don't eat enough iron our body feels very tired and weak.
- Iron is found in leafy greens, asparagus, and peas.



# MAGNESIUM



- Magnesium is another mineral that keeps our bones strong and healthy
- Magnesium is found in leafy greens, figs, avocados, bananas, and raspberries

# POTASSIUM



- Potassium is a mineral that helps keep our blood pressure normal
- Potassium is found in bananas, oranges, cantaloupe, honeydew, apricots, grapefruit, spinach, broccoli, peas, cucumbers, zucchinis, and avocado



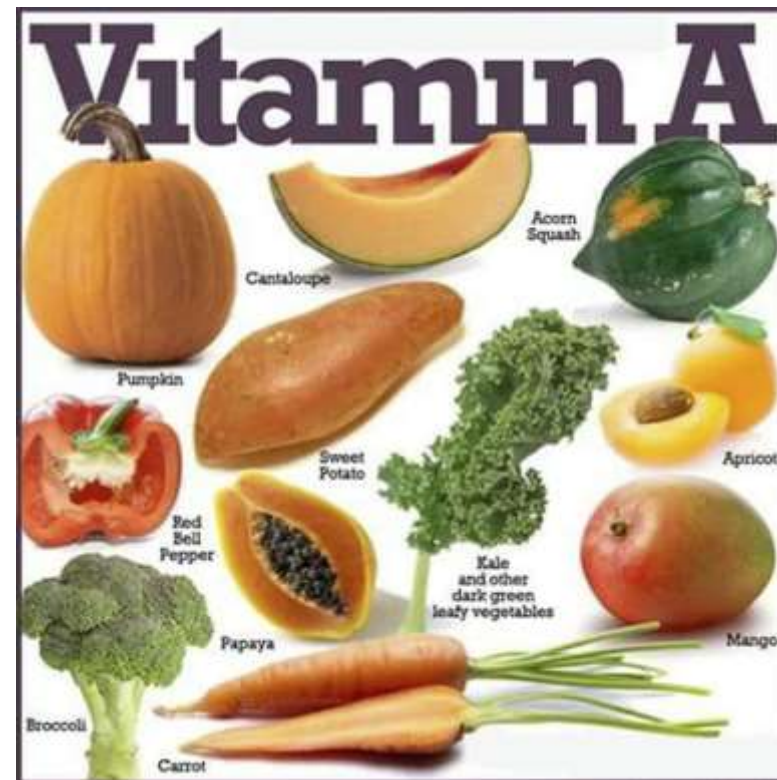
# FOLATE

- Women need to consume enough folate to prevent their babies from having birth defects
- Folate is in asparagus, leafy greens, beets, citrus fruits, brussels sprouts, broccoli, papaya, bananas, and avocado



# VITAMIN A

- Vitamin A keeps our eyes and skin healthy
- Vitamin A helps us from getting sick
- Vitamin A is in carrots, cantaloupe, apricots, spinach and kale



# VITAMIN C

- Vitamin C heals cuts and keeps our teeth healthy
- Vitamin C is in oranges, kiwis, grapefruits, broccoli, cauliflower, and brussels sprouts



# FIBER

- Fiber helps us have regular bowel movements and prevents heart disease
- Apples, bananas, strawberries, and raspberries have fiber



## WHAT HAPPENS IF WE DON'T EAT FRUITS AND VEGETABLES?

- We gain weight from eating other foods with more calories
- We are more likely to develop chronic diseases such as heart disease, cancer, and diabetes
- Blood pressure may rise
- You are more likely to get sick



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