

Facts About

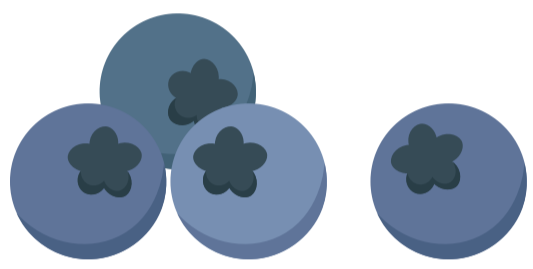
Fruits and Vegetables

50% of Americans do not eat enough fruits and vegetables



Fill **half** of your plate with fruits and vegetables

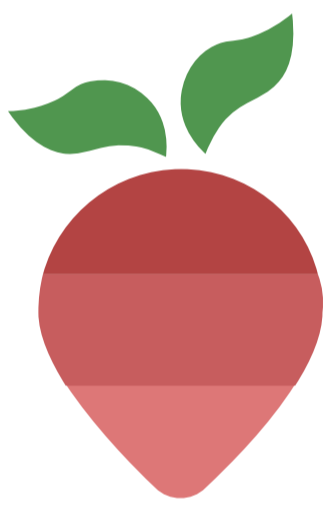
Did you know?



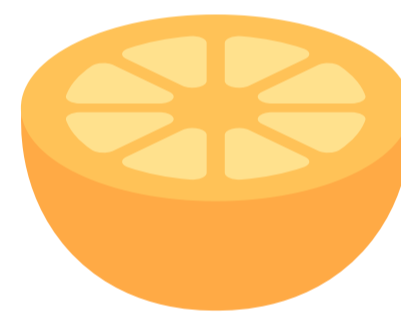
Blueberries freeze in just 10 minutes



Carrots were the first vegetable to be canned in stores



Beets are in the spinach family

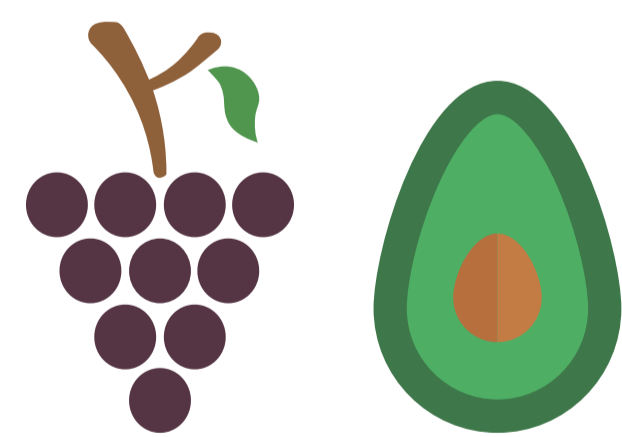


The proper name for an orange seed is a pip

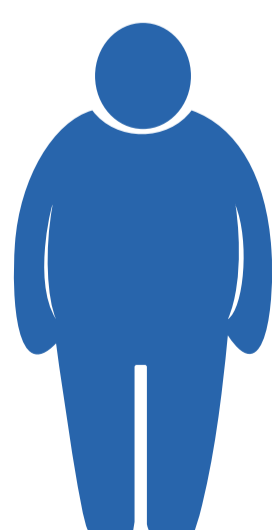
Why are fruits and Vegetables Important?



They provide fiber to keep digestive systems healthy



They are a low calorie snack



Help reduce the risk of obesity



May help reduce the risk of heart disease, diabetes, and some cancers