



Fruits and Vegetables Rock



Variety Matters

Eating fruits and veggies in a variety of colors—red, dark green, yellow, blue, purple, white and orange—gives us different health benefits. So eat a variety of fruits and vegetables everyday!

Improves memory

Healthy heart

Help fight off colds

Lower risk for some cancer

Sharp vision

Strong bones and teeth

Healthy aging

Lowers blood pressure

Adapted from FruitsAndVeggiesMoreMatters.org

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