



Why eat MORE fruits and veggies?

Top 10 Reasons to Eat MORE Fruits & Vegetables

10. Color & Texture. Fruits and veggies add color, texture...and appeal...to your plate.
9. Convenience. Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100% juice, so they are ready when you are!
8. Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
7. Low in Calories. Fruits and veggies are naturally low in calories.
6. May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5. Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. Variety. Fruits and veggies are available in an almost infinite variety...there is always something new to try!
3. Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.
2. Fun to Eat! Some crunch, some squirt, some you peel...some you do not, and some grow right in your own backyard!
1. Fruits & Veggies are Nutritious AND Delicious!



Fall



Acorn Squash
Asian Pear
Broccoli
Brussels Sprouts
Buttercup Squash
Butternut Squash
Cauliflower
Cranberries
Grapes
Jicama
Kohlrabi
Mushrooms
Pear
Pineapple
Pomegranate
Spaghetti Squash
Spinach
Sweet Potatoes

Winter



Brussels Sprouts
Buttercup Squash
Clementines
Jicama
Kale
Kiwi
Mandarin Oranges
Oranges
Pear
Pomegranate
Pummelo
Sweet Potatoes
Tangerines

Spring



Apricots
Asparagus
Broccoli
Corn
Green Beans
Honeydew
Limes
Mango
Oranges
Pea Pods
Peas
Pineapple
Rhubarb
Snow Peas
Spinach
Strawberries
Vidalia Onions

Summer



Blackberries	Peaches
Blueberries	Peas
Cantaloupe	Pear
Cherries	Plums
Corn	Radishes
Cucumbers	Raspberries
Eggplant	Strawberries
Grapefruit	Sugar Snap Peas
Grapes	Summer Squash
Green Beans	Tomatillo
Honeydew Melons	Tomatoes
Jalapeno Peppers	Watermelon
Nectarines	Yukon Gold Potatoes
Okra	Zucchini

All Year Round

Apple	Carrots	Mushrooms
Avocado	Celery	Onions
Banana	Cherry Tomatoes	Potatoes
Bell Pepper	Lemons	Rutabagas
Cabbage	Lettuce	Snow Peas