



THE GOOD NEWS
about
FRUITS
&
VEGETABLES

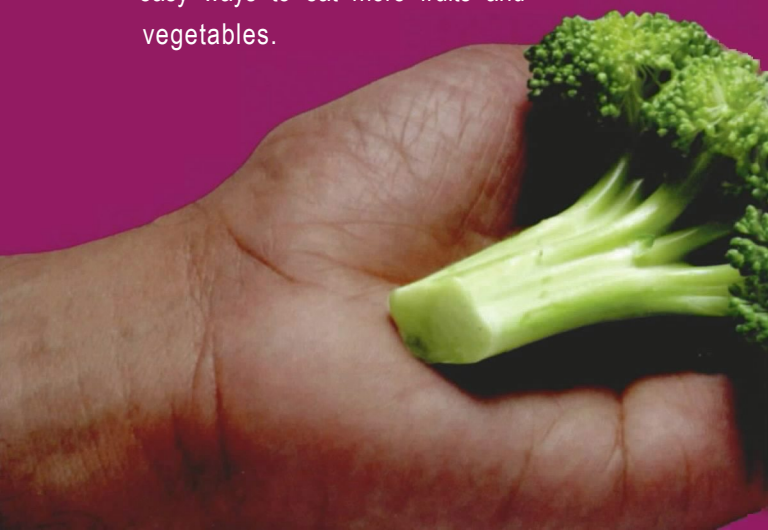
Eating plenty of fruits and vegetables every day is an important part of a healthy, active lifestyle. It promotes good health and may help lower the chances of getting high blood pressure, Type 2 diabetes, heart disease, and some types of cancer,

African Americans have very high rates of these diseases and get them earlier in life. They also suffer more serious health problems and die at an earlier age from these diseases. Most African Americans eat less than half of the daily amount of fruits and vegetables recommended for good health.

Everyone has the power to make choices to improve their health. The good news is that eating more fruits and vegetables is one of the easiest things you can do to get started.

This brochure has information about:

- why eating fruits and vegetables is important for good health.
- the amount of fruits and vegetables recommended.
- easy ways to eat more fruits and vegetables.



What's in Fruits and Vegetables

Fruits and vegetables are a great source of many vitamins, minerals, and fiber the body needs. They are packed with hundreds of naturally occurring substances called phytochemicals that may help protect against many diseases. Also fruits and vegetables are low in fat and calories.

VITAMINS

Fruits and vegetables provide many important vitamins, like vitamin A and vitamin C. There are about 20 vitamins needed for life, each with a very important job. Some vitamins help the body produce energy. Others help keep skin healthy. The best way to get vitamins is to eat the fruits and vegetables that contain them.

MINERALS

Fruits and vegetables provide many important minerals, like potassium and magnesium. The body needs minerals to do many

things. For example, magnesium helps the body maintain healthy bones and potassium helps maintain healthy blood pressure.

FIBER

Most fruits and vegetables are a good source of fiber. One type of fiber can help lower cholesterol. It also slows down digestion so that the body can absorb more nutrients and better control blood sugar levels. Another type of fiber helps you get rid of waste and keeps you regular.

PHYTOCHEMICALS

Phytochemicals (fight-o-chemicals) are naturally occurring substances in fruits and vegetables. Phytochemicals may help fight to protect your health. Fruits and vegetables have hundreds of phytochemicals. Phytochemicals work together with vitamins and minerals to promote good health.

