

# Be Sure to Get Your Fruits and Veggies Every Day



Fruits and vegetables have fiber and are filled with vitamins and minerals that help you look and feel your best. Eating a variety of fruits and vegetables every day will ensure a broad range of nutrients in your diet. For more information, please visit: [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

Nutrient	Benefits	Fruit Sources	Vegetable Sources
<b>Fiber</b>	Can lower your risk of diabetes and heart disease	Apples, berries, pears, bananas, guavas, kiwi, oranges	Lentils, lima beans, pinto beans, black beans, spinach
<b>Calcium</b>	Supports healthy bones and teeth	Calcium-fortified orange juice, figs, oranges, strawberries	Collard greens, soybeans (edamame), spinach, turnip greens
<b>Iron</b>	Provides energy Maintain healthy cells, skin, hair, and nails	Prune juice, dried fruit (Citrus fruits help absorption)	Beans, kale, collard greens, spinach
<b>Potassium</b>	Helps maintain healthy blood pressure	Apricots, bananas, tomatoes, cherries, kiwi	Pink beans, large Lima beans, white beans, broccoli, chickpeas, lentils, sweet potato,
<b>Vitamin A</b>	Promotes healthy skin and eyes Supports a healthy immune system	Apricots, cantaloupe, grapefruit, mangoes, watermelon	Carrots, collard greens, carrots, lettuce, sweet potato, spinach
<b>Vitamin C</b>	Supports your immune system and helps maintain healthy teeth and gums	Apricots, berries, papaya, pineapple, oranges, guavas, lemons, limes, tomatoes, melons, grapefruit	Asparagus, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, leafy greens, potatoes