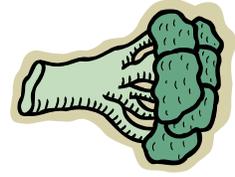
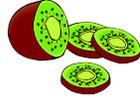
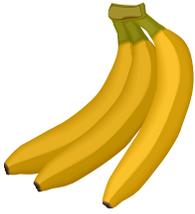


The Benefits of Fruits and Vegetables



- **Great way to get lots of vitamins and minerals**
- **Good source of fiber (helps prevent constipation, lowers cholesterol level)**
- **Low in calories and fat (may help with weight loss)**
- **Keeps gums healthy**
- **Lowers chance of getting heart disease and some cancers**
- **Helps maintain vision (may reduce cataracts)**
- **May lower blood pressure**
- **May lower chance of getting diabetes**
- **May help maintain bone health**