

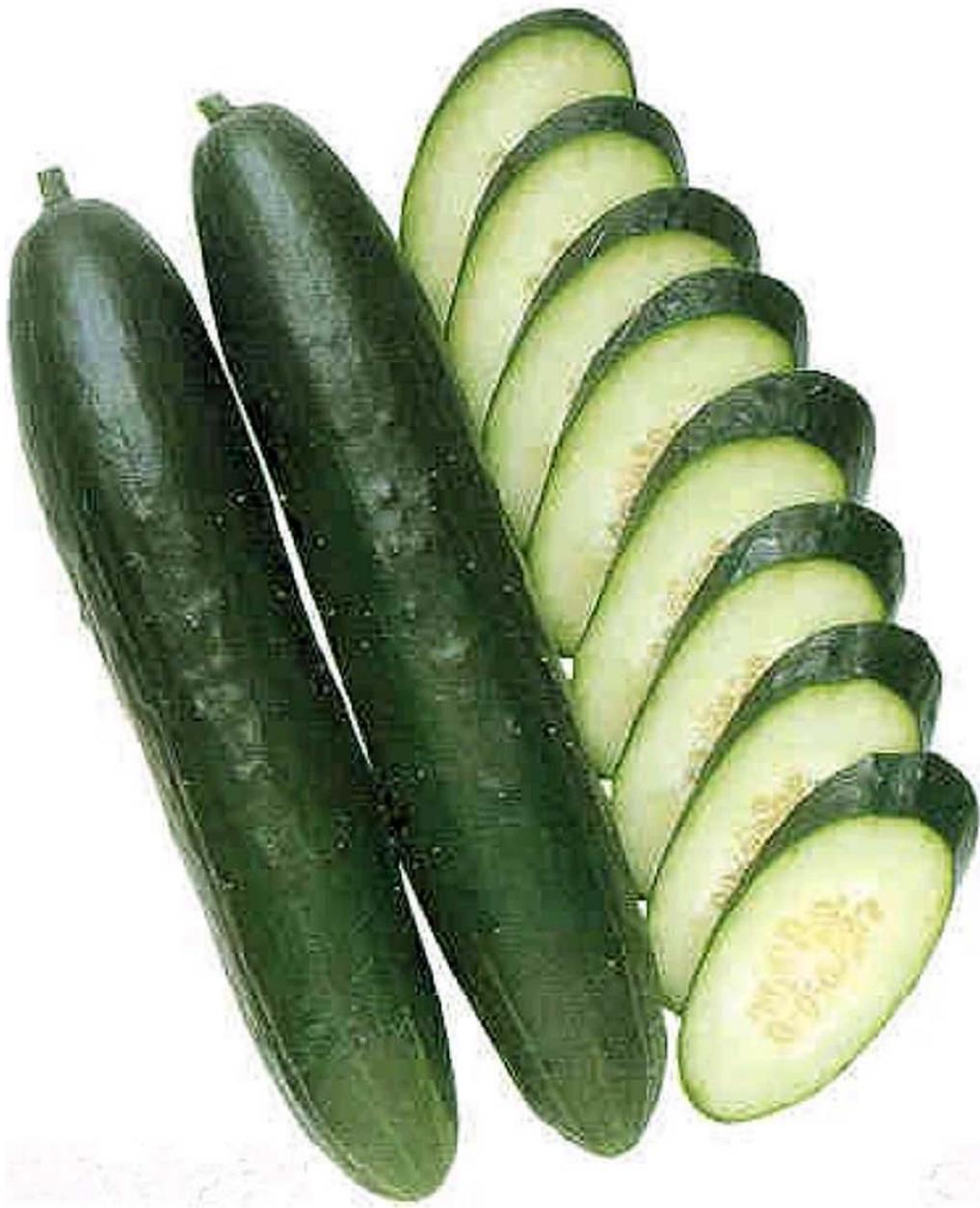
**Low in Calories
and Fat**
(may help with weight loss)



**Great Way to Get Lots
of Vitamins and
Minerals**



Prevents Birth Defects



**May Lower
Blood Pressure**



**May Help
Prevent Diabetes**



**Less Chance
of Heart Disease
and Cancer**



Good Source of Fiber

(helps prevent constipation, lowers cholesterol)



Helps Maintain Vision

(May Reduce Cataracts)



Helps Bone Health



**Keeps gums
healthy**