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## Fact sheet

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## Eat Your Way to Better Health With Fruits and Vegetables

Fruits and vegetables are an excellent source of dietary fiber, vitamins, minerals and protein. They have a high nutritive value in our diets while being low in calories, fat and cholesterol.

The National Cancer Institute states,  
**“Americans should eat a diet low in fat and high in fiber, which includes 5–9 servings of fruits and vegetables every day.”**

A high fiber, low fat diet helps to maintain a healthy digestive tract which can reduce the risk of cancers. Antioxidant vitamins also have been found to reduce cancer risk. Antioxidants and dietary fiber are found in fruits and vegetables.

**To maintain good health eat at least 5 servings of fruits and vegetables every day. Increasing your intake of fruits and vegetables combined with additional healthy choices and activities will help to promote longer life.**

**Consult a Registered Dietitian or Family & Consumer Science Educator for more information.**



Nutrition Component	Benefits	Good Fruit & Vegetable Sources
Fiber	Promotes bowel regularity, maintains healthy digestive tract and reduces the risk for certain cancers.	Most fruits & vegetables provide 1 to 3 grams of fiber per serving
Protein	Promotes growth and maintenance of tissue, strengthens immune system. Supports all bodily functions.	Most vegetables provide between 2 to 5 grams of protein per serving.
Vitamin A	Helps to promote healthy eyes, hair, immune system, skin, soft tissue and teeth. Acts as an antioxidant, may reduce cancer risk.	Dark green and deep yellow vegetables, broccoli, carrots, spinach, asparagus, sweet potato, winter squash, apricots, cantaloupe, and mango.
Vitamin C	Promotes wound healing, maintains strong blood vessels, helps to form strong bones and teeth and healthy skin and tissue, aids in iron absorption and provides resistance to infection. Antioxidants, may reduce cancer risk.	Broccoli, brussel sprouts, cabbage, cauliflower, green pepper, greens, potato, spinach, tomato, apricots, orange, grapefruit, cantaloupe, honey dew melon, kiwi, mango, strawberry
Folate	Enhances immune system, new blood cell formation and growth.	Asparagus, green leafy vegetables, beets, peas, spinach, grapefruit oranges
Calcium	Promotes strong bones and teeth, heartbeat regulation, muscle contraction and blood clotting.	Green leafy vegetables, spinach, collard greens, dried apricots
Iron	Red blood cell formation, supplies oxygen to cells, strengthens chemical links in brain.	Dark green leafy vegetables, raisins, dried prunes and apricots
Potassium	Enhances energy metabolism, helps to regulate fluid balance, heartbeat rhythm and muscle contraction.	Broccoli, brussel sprouts, lima beans, potatoes, spinach, tomato juice, carrot juice, yellow vegetables, bananas, apricots, dried fruits.