

Top 10 Reasons to Eat MORE

Why eat MORE fruits and veggies?



1 **Color & Texture.** Fruits and veggies add [color](#), texture ... and *appeal* ... to your plate.

Convenience. Nutritious in any form - [fresh, frozen, canned, dried and 100% juice](#), so they're ready when you are!

Fiber. Fruits and veggies provide [fiber](#) that helps fill you up and keeps your digestive system happy.

7 **Low in Calories.** Fruits and veggies are naturally [low in calories](#).

May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

Vitamins & Minerals. Fruits and veggies are rich in [vitamins and minerals](#) that help you feel healthy and energized.

Variety. Fruits and veggies are available in an almost infinite variety...there's always something new to try!

3 **Quick, Natural Snack.** Fruits and veggies are nature's treat and easy to grab for a snack.

Fun to Eat! Some crunch, some squirt, some you peel ... some you don't, and
some grow
right in your own backyard!

Taste Great!