KEEP YOUR BODY HEALTHY

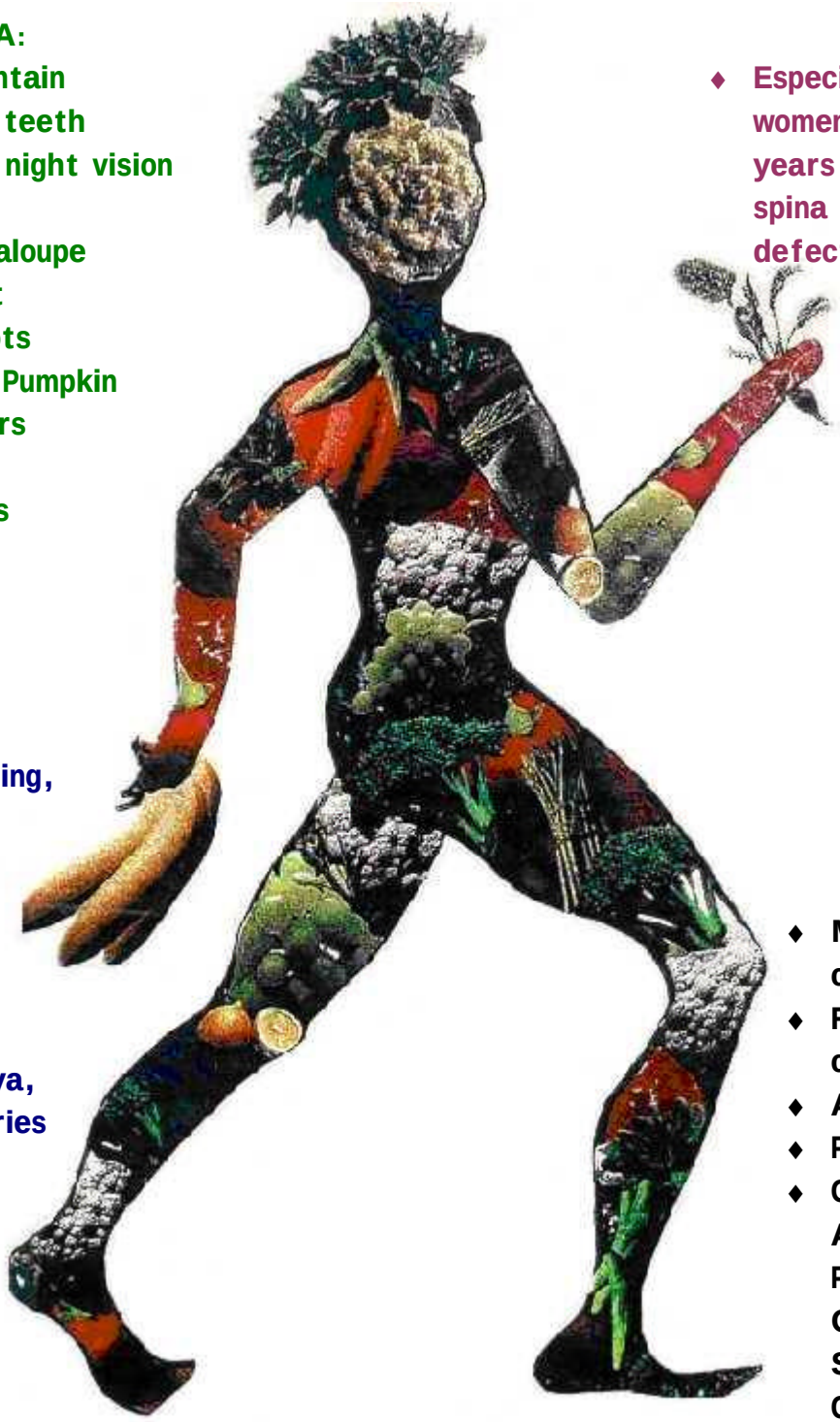
Fruits and vegetables contain vitamins and minerals that may reduce the risk of cancer, heart disease and other illnesses.

VITAMIN A:

- Help form/maintain healthy skin & teeth
- Promotes good night vision
- Good sources:
  Apricots, Cantaloupe
  Pink Grapefruit
  Broccoli, Carrots
  Leafy Greens, Pumpkin
  Red Bell Peppers
  Spinach
  Sweet Potatoes
  Winter Squash

VITAMIN C

- Aids wound healing, & resistance to infection
- Good sources are:
  Citrus Fruits
  Kiwi, Melons
  Nectarine Papaya,
  Peach, trawberries
  Broccoli,
  Cabbage
  Green Peppers
  Leafy Greens,
  Tomato



FOLATE:

- Especially important for women of child bearing years to reduce risk of spina bifida, a birth defect
- Reduces risk of heart disease
- Good Sources are: Citrus Fruits
  Melons, Berries
  Bananas
  Leafy Greens
  Cauliflower
  Broccoli
  Brussels Sprouts
  Asparagus
  Enriched Cereals

FIBER

- May help lower cholesterol
- Reduces risk of certain cancers
- Aides in digestion
- Promotes regularity
- Good sources:
  Apples (w/skin)
  Pears (w/skin)
  Oranges, Grapefruit
  Strawberries
  Carrots, Cauliflower
  Celery, Green Beans
  Potatoes (w/skin)