

# FIGHT DISEASE With Fruits & Veggies . . . Today and Every Day!

People who eat more generous amount of fruits and vegetables as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

Colorful fruits and veggies are dietary sources of important nutrients many people don't get enough of, such as fiber, folate, potassium, vitamin A, vitamin C, and magnesium.

- **FIBER:** diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease. Some fruit and veggie sources of dietary fiber are: Apples, Blueberries, Brussels Sprouts, Figs, Lentils, Onions, Pears, Pinto Beans, Raspberries, Spinach.
- **FOLATE:** healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Some fruit and veggie sources of folate are: \*Artichokes, Asparagus, Beets, Blackberries, Cantaloupe, Leaf Lettuce, Lima Beans, 100% Orange Juice, Papaya, Strawberries. (\*Folic acid from fortified foods or supplements is also recommended for women who may become pregnant.)
- **POTASSIUM:** diets rich in potassium may help to maintain a healthy blood pressure. Some fruit and veggie sources of potassium are: Bananas, Broccoli, Cherries, Kiwifruit, Lima Beans, Pinto Beans, Potatoes, Sweet Potatoes, Tomatoes, White Beans.
- **VITAMIN A:** keeps eyes and skin healthy and helps protect against infections. Some fruit and veggie sources of vitamin A are: Apricots, Cantaloupe, Carrots, Grapefruit, Leaf Lettuce, Mango, Spinach, Sweet Potatoes, Tomatoes, Watermelon.
- **VITAMIN C:** helps heal cuts and wounds and keep teeth and gums healthy. Some fruit and veggie sources of vitamin C are: Bell Peppers, Blackberries, Broccoli, Cauliflower, Collard Greens, Kiwifruit, Oranges, Potatoes, Summer Squash, Strawberries.
- **MAGNESIUM:** supports normal muscle and nerve function, a steady heart rhythm, and a healthy immune system. Some fruit and veggie sources of magnesium are: Artichoke Hearts, Black Beans, Lima Beans, Navy Beans, Okra, Spinach, White Beans.

For more ideas on how to include more fruits and vegetables in your family's meals and snacks, visit [www.FruitsAndVeggiesMoreMatters.org](http://www.FruitsAndVeggiesMoreMatters.org), helping moms and their families be at their very best, today and every day!