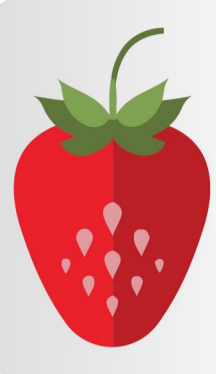
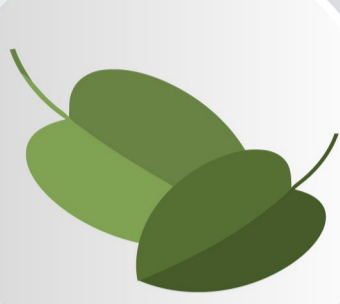


A DOZEN REASONS TO EAT MORE FRUITS AND VEGGIES EVERY DAY



STRAWBERRIES

Always at the top of the list of kids' favorite fruit, strawberries are high in Vitamin C, a good source of fiber, folate, potassium and antioxidants. But, did you know that eating strawberries can whiten teeth? Malic acid, a component in strawberries, acts as a natural astringent to remove surface tooth discoloration.



SPINACH

Often characterized as a "superfood," studies have shown that consumption of spinach has many disease-fighting characteristics. And, if your hair needs a boost, eat more spinach. Not only does the Vitamin A help create healthy scalp oils, but spinach also contains antioxidants that fight free radicals from pollution helping to strengthen and thicken hair so you experience less breakage.



PEACHES AND NECTARINES

Juicy and delicious, these fruits contain 10 different vitamins, plus fiber and potassium. Pregnant? Not only are these nutrient-rich fruits good for your growing baby, but the abundance of potassium assists in preventing muscle cramps and keeps up energy levels.



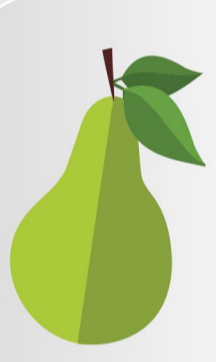
APPLES

In addition to the many disease-fighting nutrients in an apple, if you are feeling stressed or run down grab one! Red apples contain an antioxidant called quercetin, which can help boost and fortify your immune system, especially when you're stressed out. And remember to eat the peel, which is rich in fiber and antioxidants.



CHERRIES

Cherries are a good source of antioxidants, which studies have indicated may reduce the risk of heart disease. Can't sleep, suffering from jet lag? Try eating some cherries. This delicious candy-like fruit also contains melatonin, which regulates sleep cycles and may be a helpful food for fighting jet lag and insomnia.



PEARS

This fruit is high in fiber, a good source for Vitamin C and contains natural antioxidants. Including pears in your diet lowers the risk of obesity, diabetes, heart disease while promoting a healthy complexion and increased energy.



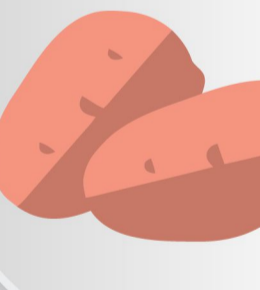
TOMATOES

One of the best sources of lycopene but also good sources of potassium, Vitamin C, biotin, Vitamin K, and manganese. For sports and outdoor enthusiasts, tomatoes are also high in choline, a member of the Vitamin B family, which feeds your brain's neurotransmitters and has been proven to improve reaction times.



CELERY

While celery is 95% water, it is rich in fiber, Vitamin C and Vitamin B. And, kids love it. Adults may be interested to learn that celery gives you good breath. The veggie forces you to chew a little more – the more you chew, the more saliva you produce, which kills bacteria in your mouth that causes bad breath.



POTATOES

This very popular vegetable is a good source of Vitamin B6 and potassium, copper, Vitamin C, manganese, phosphorus, niacin plus dietary fiber. In fact, potatoes rank highest for foods with potassium, which is a mineral that is part of every cell in your body. Potassium is also vital for transmitting nerve impulses or signals and in helping muscles contract.



BELL PEPPERS

Peppers are rich in Vitamin A and C. The yellow, orange and red peppers are also high in beta carotene which has been shown to have cancer-fighting benefits and, like carrots, also benefit eye sight.



MORE SPINACH AND LEAFY GREENS

Stay smarter, longer. Peer reviewed research from Tufts University found that those who reported eating one to two daily servings of green leafy vegetables, such as kale and lettuce, had slower rates of cognitive decline.



AND, THE FINAL REASONS TO EAT MORE FRUITS AND VEGGIES

You can be happier, have a healthy glow and live longer!

