

CONSIDER THESE FIVE PRODUCE FACTS



WE DON'T EAT NEARLY ENOUGH

Only one in 10 Americans eat enough produce each day, according to the Centers for Disease Control.



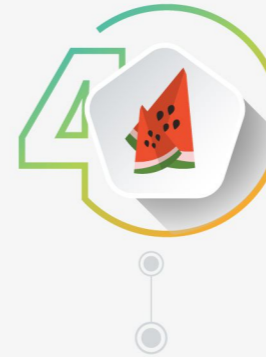
SLIGHT INCREASES CAN PREVENT DISEASES

If half of Americans increased their consumption of fruits and veggies by a single serving each day, 20,000 cancer cases could be prevented annually.



WASHING REMOVES RESIDUES

Washing organic and conventional produce under running tap water often removes or eliminates any minute residues that may be present, according to the Food and Drug Administration.



PEOPLE WHO EAT MORE ARE HAPPIER.

Peer reviewed studies show mental well-being rose in accordance with the amount of fruits and vegetables consumed.



CONTINUALLY TESTED FOR SAFETY.

Over 99% of the produce sampled by USDA had pesticide residue levels well below tolerances established by the Environmental Protection Agency. And 50% of foods sampled by the FDA had no detectable residues at all.

