



To Nourish Your Body as Well as Your Soul . . . Eating Fruits and Vegetables Instead of Junk Food Should Be Your Goal!



Fruits and vegetables not only are colorful and naturally beautiful but also are packed with vitamins, minerals, and fiber. Research has even shown that they can help keep our hearts healthy.



Eat a rainbow of colors, especially dark-green vegetables like romaine lettuce or spinach and bright orange vegetables like carrots or sweet potatoes. Blueberries, grapefruit, strawberries, pumpkin, and broccoli are a few of the many colorful and nutrient-rich fruits and vegetables you can eat.



So, if you do not already eat at least 5 servings of fruits and vegetables each day, try filling half your plate with them at every meal and choosing them as snacks instead of junk food. If you already eat 5, go for more—more is always better. It will do wonders for your health!



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

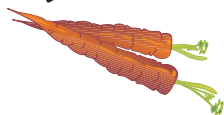
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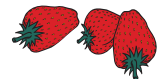
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