

Instruct local printer to print cards
back to back on 8.5 x 11 80# card stock
then cut at crop marks.



Nature's SUPERFOODS

Fruits & Veggies can improve your health...

- They're low in fat & calories
- They're loaded with vitamins, antioxidants & fiber

Go for 'five and five' (5 servings of fruit; 5 veggies) a day

- It's easy! A serving is only about a half a cup
- Fresh, frozen, dry or canned – all are good for you
- Sample the seasons – eat what's fresh all year long
- Avoid fruits in syrup or veggies with added salt



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Did you know?

As part of a healthy diet, eating more fruits and vegetables reduces your risk of HEART DISEASE, HIGH BLOOD PRESSURE, DIABETES and some types of CANCER. Fruits & Vegetables can also help you maintain a HEALTHY WEIGHT!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

healthy
for **LIFE**™

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