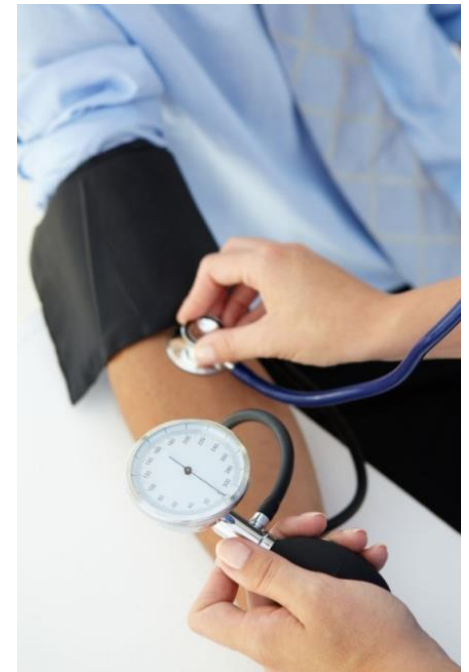




Eat More Vegetables and Fruit

Health Benefits of Eating Vegetables and Fruit

- Supply vitamins, minerals, and fibre
- Help lower blood pressure
- Can help reduce your risk of heart disease and stroke
- Can lower your risk of some types of cancer



Keep Vegetables and Fruit at Home

- Stock up on frozen or canned as they keep longer than fresh.



- Frozen vegetables can be cooked quickly in the microwave.



Make Vegetables and Fruit Easy to Grab

- Keep fruit on the table for a “take and go” snack.
- Wash and cut up vegetables or choose those ready-to-eat. Keep in a see-through container in the fridge.



Time Saving Tips

- Buy prewashed bags of salads, spinach or baby carrots.
- Make a large salad to last a few days.

