

Health Benefits of Fruits and Vegetables

Experts say the single most important thing Americans could do to improve their diets is to increase consumption of fruits and vegetables. Why is this so? Well, there are several reasons. Fruits and vegetables are:

- **Low in fat and calories.** (Helps to maintain a healthy weight.)
- **High in fiber, both soluble and insoluble.** (Helps regulate blood sugar, bowel movement, cholesterol levels, and lowers the risk of many types of cancer.)
- **High in vitamins and minerals, including antioxidants.** (Provides the nutrients needed for basic health, as well as prevention of many chronic diseases.)
- **Loaded with phytochemicals.** (Substances that lower the risk of developing many types of cancer, heart disease, and other chronic conditions.)
- **High in carbohydrate energy and water.** (Which everyone needs more of, particularly athletes and those who exercise regularly.)

Eating fruits and vegetables is not a miracle drug, but darn close to it. So take your "chronic disease medicine" and enjoy good health. (And fruits & veggies taste a heck of a lot better than pills!)

