

*Consumption of vegetables and fruits is associated with reduced risk of many chronic diseases.*

*Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.*

Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

A new scientific base is emerging to support a protective role for fruits and vegetables in prevention of cataract formation, chronic obstructive pulmonary disease, diverticulosis, and possibly, hypertension.

# Fruits & Vegetables

 Dietary Guidelines for Americans

 MyPlate

 Scientific Research

Fruits and vegetables also supply vitamins and minerals to the diet and are sources of phytochemicals that function as antioxidants, phytoestrogens, and anti-inflammatory agents and through other protective mechanisms.

*Some vegetables and fruits may be protective against certain types of cancer.*

*Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.*