

Why Love Fruits and Veggies?

So, why love fruits and vegetables?
Because they're good for you!

Fruits and vegetables are packed with nutrients, fiber, and flavor. They're delicious, versatile, and great for your health.

Check out these fun facts about fruits and veggies for more reasons to love them...

Eggplants contain nasunin, an anthocyanin phytonutrient that protects cell membranes and fights oxidation.

Tomatoes and **watermelon** are excellent sources of lycopene, a phytochemical that may help prevent cancer and heart disease.

A single cup of chopped raw **broccoli** has over 130 percent of the vitamin C you need in a day.

Orange sweet potatoes top the charts in terms of beta carotene content. Beta carotene is also known as vitamin A and it plays a key role in heart health and heart disease prevention.

According to the *Survey of antioxidant capacity and phenolic composition of blueberry, blackberry, and strawberry in Nanjing*, "**Blackberries** are notable for their health benefits based on high nutritional contents of dietary fiber, vitamin C, vitamin K, folic acid, and the essential mineral, manganese [...].

Blackberries also rank highly among fruits for antioxidant strength." Those antioxidants are great for your health, protecting your cells from free radical damage.

Strawberries contain the phenolic compound ellagic acid, which may help prevent cancer.

Lettuce offers excellent supplies of vitamins A, C, and K. These vitamins protect your bones, decrease inflammation, support cell growth and

development, protect vision, support your circulatory system, and improve immune function.

Oranges are a fantastic source of vitamin C, an antioxidant that protects your cells from free radical oxidation. Vitamin C boosts your immune system, reduces inflammation, and protects blood

vessels.

Corn is an excellent source of fiber, with a high ratio of insoluble to soluble fibers. These fibers help maintain digestive regularity, support healthy gut bacteria, and strengthen intestinal cells. Plus, they're great for your general health and cholesterol levels.

Carrots contain calcium pectate, which may lower cholesterol. Plus, they're chock-full of beta carotene.

