
FRUIT & VEGGIES

What's their impact on your health?

Spotlight on Individual Fruits and Vegetables:

- **Grapes** are high in resveratrol, an element that “exerts multifaceted cardioprotective activities” according to the study “Resveratrol: a Cardioprotective Substance.”
- A single medium **red bell pepper** has 74% of your daily value (DV) for vitamin A and 253% DV for vitamin C.
- We all know that **bananas** are high in potassium, but did you also know that they're loaded with fiber, vitamin C, and vitamin B-6?
- **Carrots** are chock-full of antioxidants! They've got beta-carotene, ferulic acid, and cyanidins, among others...
- The CDC gives **cabbage** a fantastic nutrient density score, largely because of its phytonutrient and micronutrient content.

Health Effects:

According to MyPlate, the USDA's guide to balanced eating, “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. Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers. Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.”

The drawbacks to not eating a healthy diet are explored by the Dietary Guidelines for Americans, which assert, “A history of poor eating and physical activity patterns have a cumulative effect and have contributed to significant nutrition- and physical activity-related health challenges that now face the U.S. population.”

