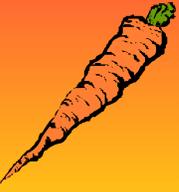


Benefits of Fruit and Vegetable Consumption



 Adequate consumption helps to maintain:

- Vision health,
- Healthy aging,
- Memory function,
- Heart health,
- A healthy immune system,
- Healthy cholesterol levels,
- Urinary tract health,
- Strong bones and teeth.

...which leads to a...

-  Reduced risk of:
- Heart disease,
 - Stroke,
 - Cancer,
 - Diabetes,
 - Other health problems.