

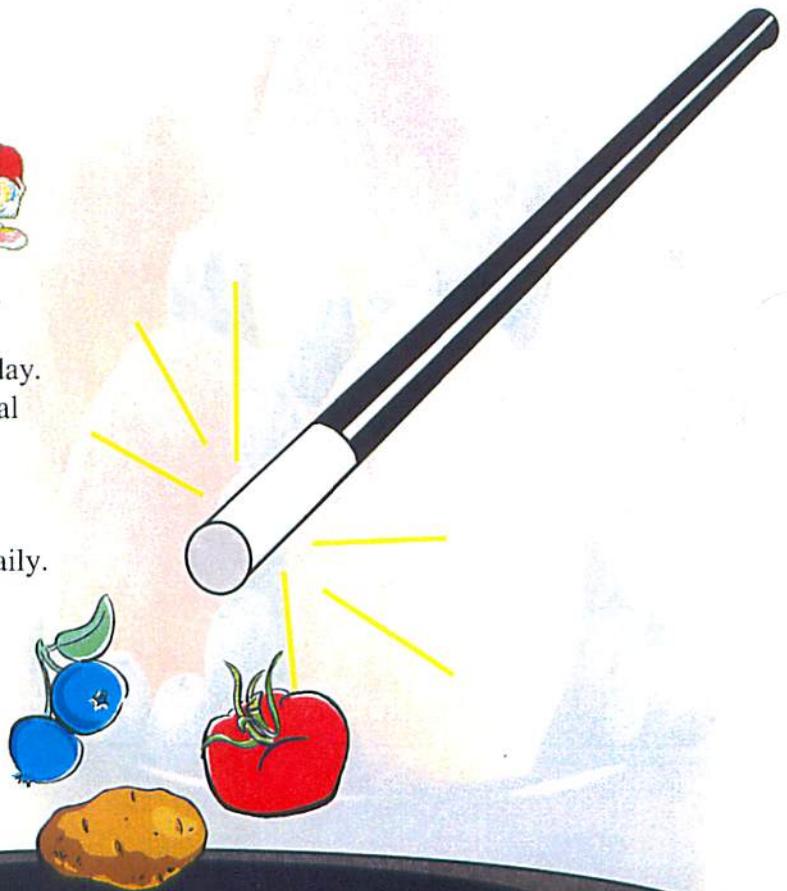
THE MAGICAL POWERS OF HEALTHY EATING

FRESH FRUITS AND VEGETABLES



5 Points to Ponder

- Eat 5 or more servings of fruits and vegetables a day.
- Eat at least one high-fiber selection a day.
- Eat cabbage family vegetables several times a week.
- Enjoy the most colorful fruits and vegetables often.
- Eat at least one dark green vegetable daily.



Tomatoes:

Low in fat and calories and cholesterol free.
Great source of fiber and protein.
Rich in vitamin A and C, beta-carotene, potassium, as well as the antioxidant, Lycopene. Studies show that eating tomatoes lower the risk of several types of cancers.

Sweet Potatoes:

High in vitamin C and beta carotene, a form of vitamin A which can reduce the risk of cancer.
Sometimes referred to as "The Healthiest Vegetable around."

Blueberries:

Laboratory studies confirm that blueberries are **JUST PLAIN GOOD FOR YOU !!**
They contain several nutrients including fiber, vitamins, and antioxidants. One study showed blueberries topped the list of 40 other fruits, juices, and vegetables for antioxidant activity. They are proven to help prevent cancer and the build up of LDL, or bad cholesterol.
This is instrumental in cardiovascular disease and stroke prevention.