

Living Well Tip of the Week



Fruit & Vegetable Nutrition

Every step taken towards eating more fruits and veggies helps you and your family be at their best. **Because eating fruits and vegetables may reduce your family's risk of many diseases**, the [Dietary Guidelines for Americans](#) recommends eating more fruits and vegetables than any other food group.

[Fruit & Vegetable Nutrition Database](#): Nutrition information for some of the most common fruits and vegetables.

[Key Nutrients Found in Fruits & Vegetables](#): Fruits and vegetables can be great **sources of key nutrients** which may play a role in [reducing the risk of certain diseases](#).

[Fruit & Vegetable Variety is Important](#): **All forms of fruits and vegetables matter: fresh, frozen, canned, dried, and 100% juice.** And [colors are important](#). Eat a colorful variety of fruits and vegetables every day!

Find Out More About Fruit & Vegetable Nutrition through www.webmdhealth.com/ut*, and visit the “Nutrition Center” on the Lifestyle Improvement Program.