

# PART 2: EAT MORE FRUITS & VEGETABLES



5 a Day is a national program endorsed by the National Cancer Institute. The goal of the program is to teach Americans how to improve their health by eating the recommended five servings of fruits and vegetables a day.

Eating more fruits and vegetables can help lower the risk of heart disease, lower the risk of problems associated with obesity, and may help reduce the risk of some kinds of cancer.

Fruits and vegetables are high in vitamin A, vitamin C, fiber and potassium.

## VITAMIN A

Vitamin A helps the body fight infection, helps develop healthy skin and eyes, and may also help lower the risk of certain types of cancer. The type of vitamin A found in plants is called carotene. Many fruits and vegetables supply vitamin A.

## VITAMIN C

Vitamin C is important for healthy bones and teeth—as well as healthy skin, tendons and blood vessels. Vitamin C fights infection, helps the body heal wounds and absorb iron, and may also help lower the risk of some kinds of cancer. This vitamin is found in citrus fruits (oranges, lemons, grapefruits), melons (cantaloupe, honeydew) and in some vegetables (broccoli, potatoes, cauliflower, and other dark green vegetables).

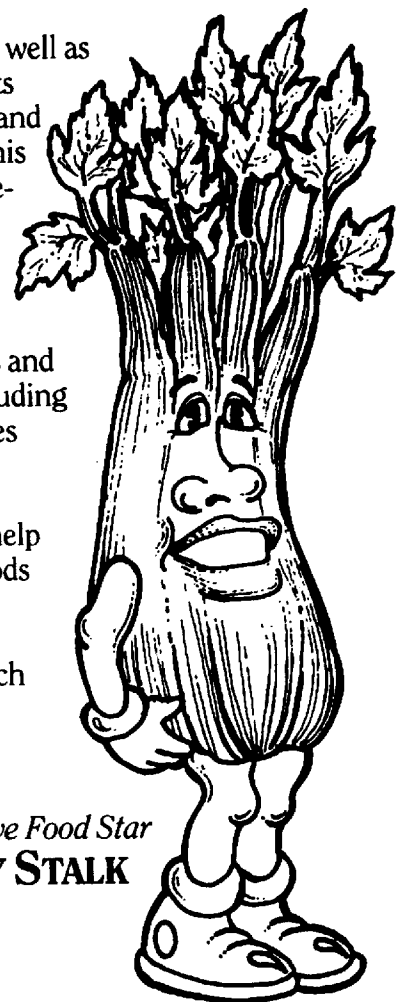
## POTASSIUM

Potassium is important to the body for healthy muscles and nerves. Potassium is found in fruits and vegetables including bananas, celery, cabbage, cauliflower, potatoes, tomatoes and watermelon.

## FIBER

Fiber helps the digestive system stay healthy and may help prevent certain cancers. Fiber is found only in plant foods such as fruits, vegetables and whole grain products.

Fruits and vegetables are also low in calories, low in fat and sodium, and are rich in other nutrients such as folacin and vitamin B-6.



*Fantastic Five Food Star*  
**CELERY STALK**

