



A MINUTE OF HEALTH WITH CDC

Fruits and Vegetables Every Day and Your Health

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This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

When you were a kid, you were probably told to eat your fruits and vegetables. Did you know that it's important at all ages to include many fruits and vegetables in your snacks and meals every day? Most are naturally low in calories and provide essential nutrients and dietary fiber. Daily servings of fruits and vegetables are an important part of a healthy diet and help reduce the risk of stroke, diabetes, some types of cancer, and possibly even heart disease. CDC researchers recently found that most Americans don't eat enough fruits and vegetables. To improve your diet, remember that fresh, frozen, canned, and dried fruits and vegetables are all good choices. To learn other tips and get recipes, go to cdc.gov/fruitsandveggies.

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