10 Health Benefits of Vegetables

1

Promotes a Healthy Digestive Tract- vegetables are packed full of fiber and water to help keep you regular and your digestive tract in tip top shape.

2

Keeps You Hydrated - vegetables have a high water content which helps you reach your daily water requirements.

3

Keeps Your Skin Beautiful- veggies are rich in beta carotene and antioxidants to keep your skin radiant and glowing from the inside out!

4

Low Calorie- you can eat a large volume of vegetables for very few calories. Plus, the high water and fiber content helps you feel fuller longer!

5

Quality Calories- Vegetables are jam-packed full of good-for-you vitamins, minerals, antioxidants and other phytochemicals that do a body good!

6

May Reduce Your Risk for Chronic Diseases- eating more fruits and vegetables has been associated with a reduced risk of chronic conditions such as diabetes, hypertension and heart disease.

7

Adds Excitement to Your Plate- vegetables bring a variety of flavors, colors, and textures to your meal. They keep things exciting without adding extra oil, salt, and sugar to make meals more palatable.

8

Veggies are Delicious- there are countless different vegetables available! Try ones you've never had before- you're bound to find some you LOVE!

9

High in Folic Acid- when pregnant, the folic acid found in green vegetables is a vital nutrient for proper development and growth of the fetus.

10

Control Blood Pressure - many vegetables are rich in potassium which is vital in managing and regulating blood pressure .

- The recommended daily amount of fruit and vegetables is at least 5 servings a day for health benefits.
- A serving is ½ cup of canned or cooked fruit or vegetable, a small fruit, or 1 cup of leafy vegetable or ¼ cup dried fruit.

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