

## Add color with fruits and vegetables

June is Fresh Fruit and Vegetable Month and the focus is on increasing daily consumption of fresh produce. A diet rich in vegetables provides a multitude of health benefits. Eating a variety of types and colors of produce gives your body the mix of nutrients it needs. With home cooking on the rise, peak growing season in full swing and an abundance of fresh produce available, now is the time to get creative and increase your daily consumption of fruits and vegetables. To eat more fruits and veggies try: adding extra veggies to soups and stews, filling out a sandwich with fruits and veggies, having fruits and veggies for a snack and keeping a bowl of fruit visible.

Source: <https://heart.org>

HPMWEL03 billstuffer.doc rev 5/2020

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