

FOOD

for

THOUGHT

YOU ARE WHAT YOU EAT



Why not eat more fruits and veggies?

From helping to trim your waistline, ward off illness, and reduce your risk of cancer and other diseases, the natural nutrients in fruits and veggies can work wonders for your health. Simply put, eating more of them can help you feel energized and happy.

Visit FOH.hhs.gov/More to learn how to brighten your plate with a variety of nutritious and delicious fruits and vegetables.