

TIP OF THE WEEK



Top Reasons To Eat MORE Fruits & Vegetables

Color & Texture. Fruits and veggies add appeal to your plate.

Convenience. They're a quick, easy snack.

Fiber. It helps keep you full and your digestive system happy.

Low in Calories.

May Reduce Disease Risk.

Vitamins & Minerals. You'll feel healthy & energized.

Variety. There's always something new to try!

Fruits & Veggies are Nutritious AND Delicious!


LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM