



5 A Day

5 A Day is a simple way to remember to eat a variety of colorful fruits and vegetables every day. It's a goal that can help you stay healthy and reduce your risk of chronic diseases. The goal is to eat at least five servings of fruits and vegetables each day. A serving is about the size of a small apple, a medium banana, or a cup of sliced fruit or vegetables. Eating a variety of colors ensures you get a wide range of nutrients. For example, red fruits and vegetables like tomatoes and watermelon are rich in lycopene, while green leafy vegetables like spinach are high in iron and calcium. Eating 5 A Day can also help you maintain a healthy weight and improve your overall well-being.

- Eating 5 A Day can help you reduce your risk of heart disease by 30%.
- Eating 5 A Day can help you reduce your risk of stroke by 40%.
- Eating 5 A Day can help you reduce your risk of cancer by 20%.
- Eating 5 A Day can help you reduce your risk of obesity by 10%.
- Eating 5 A Day can help you reduce your risk of diabetes by 15%.
- Eating 5 A Day can help you reduce your risk of depression by 10%.
- Eating 5 A Day can help you reduce your risk of dementia by 10%.
- Eating 5 A Day can help you reduce your risk of cognitive decline by 10%.
- Eating 5 A Day can help you reduce your risk of cognitive impairment by 10%.
- Eating 5 A Day can help you reduce your risk of cognitive dysfunction by 10%.
- Eating 5 A Day can help you reduce your risk of cognitive impairment by 10%.
- Eating 5 A Day can help you reduce your risk of cognitive dysfunction by 10%.



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