

5 A Day

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Eat a Variety of Colorful Fruits and Vegetables Every Day

- 30% of the population in the United States does not eat enough fruits and vegetables.
- Eating a variety of fruits and vegetables can help reduce the risk of chronic diseases such as heart disease, cancer, and diabetes.
- Fruits and vegetables are rich in vitamins, minerals, and antioxidants that are essential for good health.
- Eating a variety of fruits and vegetables can also help with weight management and improve digestion.



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