Fruit & Vegetable Nutrition

Every step taken towards eating more fruits and veggies helps you and your family be at their best. Because eating fruits and vegetables may reduce your family’s risk of many diseases, the Dietary Guidelines for Americans recommends eating more fruits and vegetables than any other food group.

**Fruit & Vegetable Nutrition Database:** Nutrition information for some of the most common fruits and vegetables.

**Key Nutrients Found in Fruits & Vegetables:** Fruits and vegetables can be great sources of key nutrients which may play a role in reducing the risk of certain diseases.

**Fruit & Vegetable Variety is Important:** All forms of fruits and vegetables matter: fresh, frozen, canned, dried, and 100% juice. And colors are important. Eat a colorful variety of fruits and vegetables every day!

Find Out More About Fruit & Vegetable Nutrition through [www.webmdhealth.com/ut](*), and visit the “Nutrition Center” on the Lifestyle Improvement Program.

*Living Well Health Manager powered by WebMD Program available to UT SELECT members—Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*