

# Move to Fruits & Vegetables

**Your Heart and Your Waistline  
Will Thank You**

They are **high** in the good stuff:

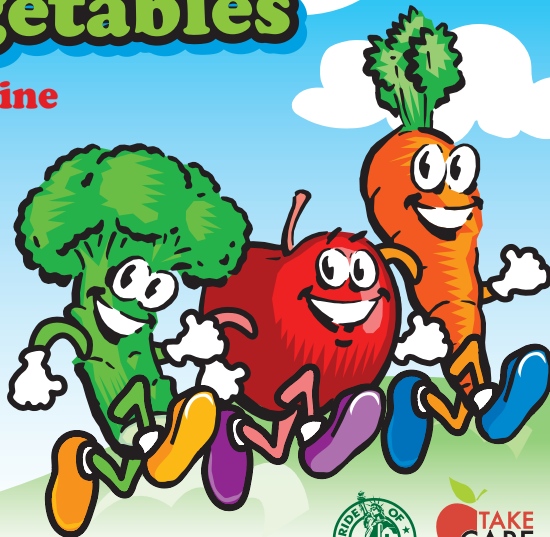
**Fiber • Vitamins • Minerals**

And **low** in:

**Fat • Calories • Sodium**

Fruits and vegetables can help keep you healthy  
and reduce your risk of:

- ▶ Cancer
- ▶ High blood pressure
- ▶ Heart disease
- ▶ Diabetes



The New York City Department of Health and Mental Hygiene

