



## **ARE FRUITS AND VEGETABLES GOOD FOR YOU?**

Here is some good-for-us-all-to-know information on the benefits of fresh whole plant foods, i.e. fruits and vegetables. The concentration is on flavonoid and their antioxidants.

### **✎ A little color goes a long way – Flavonoid.**

**Flavonoid** is a substance that gives fruits and vegetables their color. It also performs as both an antioxidant and anti-inflammatory. It's excellent nutrition! And absolutely necessary in helping your cells do their work.

More people that consume additional flavonoid-rich foods are at a higher rate of resisting chronic diseases, including heart disease, lung cancer, stroke, asthma, and type II diabetes. The main reason is that the body is being given the chance to create many healthy cells to keep the body living.

### **✎ Vitamins are what we need – Antioxidants.**

**Antioxidants** are the nutrients, like vitamins, found in fruits and vegetables that appear to have significant cell building properties. Higher amounts of antioxidants in the bloodstream are what we want. Antioxidants fight oxidation in the body. When your body burns fuel, oxidation occurs. You've got heart cells, bone cells, lung cells – every kind of cell. You need to have some antioxidants there to find that kind of oxidation on a daily basis. Free radicals, the by-product of the oxidative hits, can be neutralized only by antioxidants.

### **✎ Only 1 in 11 people consume at least 3 servings of vegetables and 2 servings of fruit on a daily basis.**

The best source of antioxidants is whole plant food products. Information shows fresh fruits and vegetables are packed with cell building components necessary to avoid diseases. Isolated vitamins or specific antioxidants are band-aids and not building blocks.

### **✎ THE ANSWER!**

Start consuming up to 17 different fruits, vegetables and grain a day! Make it easy for yourself. I did. Your nutritional insurance policy to go! **The answer is Fruits & Veggies to Go!**

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Blessings,

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