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<sup>1</sup> CDC, "Only 1 in 10 Adults Gets Enough Fruits or Vegetables," U.S. Department of Health and Human Services, <sup>2</sup> Heidi Goodman, "How Many Fruits and Vegetables Do We Really Need?" Harvard Health Letter, Sept. 1, 2021, <sup>3</sup> Mayo Clinic Staff, "Nuts and Your Heart: Eating Nuts for Heart Health," Mayo Clinic, Aug. 2, 2022.

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**13%**

A recent study showed that people who ate five servings (about 2-4 cups) of fruits or vegetables a day had a 13% lower risk of death from any cause.<sup>4</sup>

**BE CONSISTENT**

**STAY STRONG**

Craving that afternoon bag of chips? Try a small serving of nuts instead. Their high fiber and omega-3 levels help keep your heart healthy.<sup>3</sup>

**START SMALL**

Think minor changes instead of major ones. Throw a handful of blueberries into your morning bowl of cereal, or have some raw carrots alongside your lunch.<sup>2</sup>

Know what healthy looks like to you, and find little ways to get ahead of it.

PREVENTIVE CARE IS A PIECE OF



2 CUPS  
PER DAY OF FRUIT

Eating a diet rich in fruits and vegetables can help reduce the risk of many leading causes of illness and death, including heart disease, type 2 diabetes and some cancers.<sup>1</sup>

STARTING SMALL IS  
STARTING STRONG.

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