



Number crunching just got a whole new meaning



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When you crunch on five or more fruits and vegetables a day, it adds big benefits to your total health. Plants are packed with thousands of health promoting phytochemicals, and research shows that they can work to improve your health. You'll get lots of them when you eat vegetables and fruits from each color group, along with some essential vitamins and minerals that your body needs.

Start your day with fruit or vegetable juice, slice some bananas or strawberries to top your breakfast cereal, or try including a salad with lunch. Add a couple of fruits or veggies to dinner and you've up to five.

Want to make your nutrition choices count? You can when you add a little something to the equation with five fruits and vegetables a day.

Source: Centers for Disease Control and Prevention

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