



PETITE. PLAYFUL. WELL ROUNDED.

SOUNDS A LOT LIKE YOU!

Fruits and vegetables should make up a large portion of your diet - at least five to nine servings every day. They're low in calories and high in vitamins, minerals, and fiber. As an added benefit, eating more produce lowers chances of developing cardiovascular diseases, like heart disease and stroke. Also the chances of developing some cancers such as bowel and lung cancer are lowered.

ADD MORE FLAVOR TO YOUR DAY

