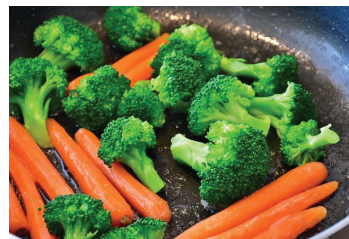


Eat Fruits and Veggies Every Day!



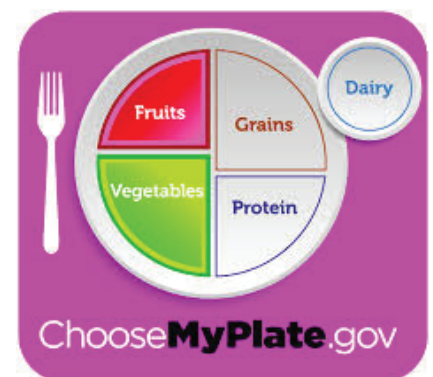
Be sure to eat fruits and vegetables at every meal to keep our bodies healthy. Fruits and vegetables are rich in vitamins, minerals and antioxidants, which protect us against diseases. They also help us prevent obesity.

Help your kids develop a lifetime of healthy habits by serving a great variety of fruits and veggies. Eat a rainbow of colors! Keep in mind that different colors mean different nutrients.



Remember, **MyPlate** tells us to fill half of our plate with fruits and vegetables.

Fruits and vegetables are found in many forms — fresh, frozen, canned and dried. Fill your fridge, freezer and pantry with a variety of them.



MyPlate graphic from ChooseMyPlate.gov

The University of Nevada, Reno is committed to providing a place of work and learning free of discrimination on the basis of a person's age, disability, whether actual or perceived by others (including service-connected disabilities), gender (including pregnancy related conditions), military status or military obligations, sexual orientation, gender identity or expression, genetic information, national origin, race, or religion. Where discrimination is found to have occurred, the University will act to stop the discrimination, to prevent its recurrence, to remedy its effects, and to discipline those responsible.

