



MATCH the MAYOR VII

Colorful Choices™



Top 10 reasons why our parents told us to ...

Eat our veggies and fruits!

10. **Skin has a healthy glow** when 5 or more fruits and vegetables are eaten each day. This has been verified under a microscope!
9. **Lose weight and still feel satisfied** at mealtime. Eat more fruits and vegetables and wind up eating fewer high-calorie foods.
8. **Leads to lower blood pressure**, reduced risk of heart disease, stroke and fewer medications.
7. **Provides the best nutritional benefits** compared to supplemental vitamins. Vitamins and minerals in fruits and vegetables work more effectively than the pill or tablet form.
6. **They help prevent disease** such as diabetes and metabolic syndrome, kidney disease and cancer.
5. **Fruits and veggies are not linked to food addictions** unlike foods high in sugar and fats such as fast food and sweets.
4. **Keep bones healthy** by neutralizing excess acid.
3. **Growing produce is good for the planet** and the body.
2. **Supplies antioxidants**, helping our bodies fight disease. Produce foods are health warriors!
1. **Eating them makes your Mom and Dad happy ...**
and of course, sets a healthy example for your own family.



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