



FRUIT AND VEGETABLES

It's important to eat a variety of fruits and vegetables. This helps you get all the nutrients your body needs. Fruits and vegetables are also low in fat and calories, which is good for your health. Try to eat at least five servings of fruits and vegetables every day. You can eat them raw, cooked, or in smoothies. Some examples of fruits and vegetables are apples, oranges, carrots, and broccoli.

There are many different types of fruits and vegetables. Some are sweet, some are sour, and some are bitter. You should try to eat a variety of colors. Red fruits and vegetables like tomatoes and strawberries are rich in lycopene. Orange fruits and vegetables like carrots and oranges are rich in beta-carotene. Green fruits and vegetables like spinach and broccoli are rich in chlorophyll. Eating a variety of colors helps you get all the different nutrients your body needs.