

# FRUIT & VEGGIES



Fruit & veggies are packed with nutrients and may help protect against cancer and heart disease.

Canada's Food Guide recommends making **HALF** your plate fruit & veggies!

## TRY ADDING...



Tomatoes, cucumbers, and peppers to **sandwiches & wraps!**

Bananas, mangoes, or berries to **cereal, oatmeal, or yogurt!**



Melon, strawberries, or mandarin oranges to **leafy green salads!**

Berries to **waffles, crepes, and puddings!**



Spinach, mushrooms and tomatoes to **pizza & omelets!**

# MAJOR NUTRIENTS



## VITAMIN C



Helps keep skin, teeth, and gums healthy and protects cells from damage. Found in **citrus fruits, broccoli, and bell peppers!**

## VITAMIN A



Supports the immune system and helps maintain eye health. Found in **carrots, kale, sweet potatoes, and papaya!**



## POTASSIUM



Necessary for proper muscle and nerve functioning. Found in **squash, avocado, bananas, beets, oranges, potatoes, and broccoli!**

## FOLATE



Plays a key role in growth, and helps the body produce energy. Found in **spinach, lettuce, beets, broccoli, oranges, and bananas!**



Questions or concerns? Contact SNAP at [snap@uoguelph.ca!](mailto:snap@uoguelph.ca)



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