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!

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Student Nutrition Awareness Program