

# Benefits of Fruits and Vegetables

Our Bodies Need...	Where Do These Come From?	Why Do We Need These?
Vitamin C	Green pepper Tomatoes Potatoes Cauliflower Oranges Berries Pineapple	Keeps teeth and gums healthy Helps wounds heal Strengthens immune system
Vitamin A	Carrots Cantaloupe Yellow beans Broccoli	See better in the dark Keeps skin healthy Fights infection
Iron	Dried fruits, (Raisins, dates, figs and prunes) Spinach	Carries oxygen in the blood Increases energy
Calcium	Broccoli Dark green leafy vegetables	Strengthens teeth and bones
Folic Acid	Oranges Dark green vegetables	Prevents birth defects
Fibre	Skin of fruits and vegetables Broccoli Apples Grapefruit	Lowers blood cholesterol Good for our heart
Antioxidants	All fruits and vegetables	Disease prevention