fruits & veggies more matters™
fruitsandveggiesmorematters.org

Try something new!

It's fun to try new things! Pick out a new fruit or veggie at the store.

All forms count!

Fresh, frozen, canned, dried and 100% juice all matter. How many forms does your favorite fruit or veggie come in?

Snack smart!

Fruits and veggies make tasty, healthy snacks. What is your favorite?

Take charge!

Choose fruits and veggies! Ask for them at meals and snacks.

Explore MyPyramid!

Visit www.mypyramid.gov or www.mypyramid.gov/kids for cool games, activities and ideas for a healthy lifestyle.

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STEPS TO A HEALTHIER YOU

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