

GREEN FRUITS AND
VEGETABLES ARE
LOADED WITH IMPORTANT
VITAMINS AND MINERALS
LIKE VITAMIN A,
VITAMIN C, POTASSIUM,
AND FOLATE, AS WELL
AS PHYTOCHEMICALS
AND FIBER.

- REDUCE THE RISK OF
SOME TYPES OF CANCER
- **MAINTAIN
STRONG BONES
AND TEETH**
- PROMOTE VISION HEALTH

CUCUMBERS, GREEN
SNAP PEAS, GREEN
GRAPES, GRANNY SMITH
APPLES, AND KIWI.
PISTACHIOS, WHILE NOT
A FRUIT OR VEGGIE,
PROVIDE FIBER,
ANTIOXIDANTS, AND
HEALTHY FATS.



GREEN SNACKS

