

*Enjoy a rainbow of
nutrients this summer!*



Summer's a great time to eat healthy with fresh fruit and vegetables in abundance. Take advantage of the season and stock up on healthy produce from your local farmers' market or supermarket's fresh produce section. Your health will benefit as you fuel your body with important nutrients!

Fresh fruits and vegetables deliver important nutrients:

- + **FIBER** — helps decrease the risk of coronary heart disease
- + **IRON** — for healthy blood and functioning cells
- + **POTASSIUM** — helps maintain healthy blood pressure
- + **MAGNESIUM** — needed for healthy bones, and to relieve muscle cramps and high blood pressure
- + **VITAMIN A** — keeps eyes/skin healthy and protects against infections
- + **VITAMIN C** — helps heal cuts/wounds and keeps teeth/gums healthy
- + **CALCIUM** — for healthy bones, teeth, heart, muscles and nerves

Contact your Activate Health & Wellness Center or other provider for nutrition advice and tips on adding more fruits and vegetables to your diet.