



Living a healthy lifestyle is not just about eating nutritious food and exercising everyday to look good. It is also about gaining confidence and feeling great on the inside. Yet, we often take for granted how eating healthy food like fruits and vegetables can improve our lifestyle, especially on the most basic levels. Let's take a look at a list of why fruits and vegetables are vital for living a better life:



They are nature's vitamins!

Fruits and Vegetables are very rich in vitamins and minerals. They have low fat, contain minimal calories, and are rich in vitamin A, vitamin C, fiber, and potassium. In fact, fruits and vegetables actually contain

more vitamins and nutrients than any artificial vitamin supplements.



They prevent disease and illness

Eating fruits and vegetables automatically boosts our immune system, making us healthier and stronger. Fruits and vegetables can also minimize the risks of getting diseases and illnesses such as cardiovascular disease, stroke, high blood pressure, and Type-2 diabetes.

They provide more energy

Fruits and vegetables are nature's very own energy boosters. The vitamins and nutrients that we ingest through fruits and vegetables are better absorbed by our bodies, providing us with more energy.



They can help you lose weight

Fun fact: fruits and vegetables have no cholesterol and have little to no calories. Most fruits and vegetables also contain fiber and water, which fills us up more, making us feel full throughout the day. This is very helpful for those of us who are trying to shed a few extra pounds.



They are mood enhancers

Fruits and vegetables contain natural sugars which stimulate our brain to make us feel lighter and more cheerful. We also feel more secure and confident in knowing that we are living a healthy lifestyle and taking care of our bodies.

One of the best ways of taking care of ourselves is by paying meticulous attention to what we eat and ingest. Fruits and vegetables are essential, not just in clean living, but also in making sure that our bodies stay strong and healthy.



We should make it a habit to have our daily dose of fruits and vegetables. Drinking [Tipco 100% Juices for Del Monte](#) is one delicious way! It is made with 100% real and natural fruit and vegetable juices with no

added sugar, no preservatives, no colorants, and no artificial flavorings. It comes in 8 uniquely delicious flavours which are categorized into 3 variants. The green variants — [Aloe Vera](#), [Broccoli](#), and [Mixed Veggies](#) — naturally contain anti-oxidants for rejuvenation. The red variants — [Cranberry](#), [Orange Medley](#), and [Red Grape](#) — are high in Vitamin C for vitality. And lastly, the superfruits — [Pomegranate](#) and [Cherry Berry](#) - are packed with vitamins and minerals which promote longevity. Enjoy the goodness of fruits and veggies everyday. Drink [Tipco 100% Juices for Del Monte](#). They're naturally healthy, surprisingly delicious.

Source:

Why Fruits and Vegetables Are Vital <http://www.everydayhealth.com/diet-nutrition/101/nutrition-basics/fruits-and-vegetables.aspx>

Why Are Fruits and Vegetables Important? <http://healthyeating.sfgate.com/fruits-vegetables-important-4703.html>

The Importance Of Fruits and Vegetables In Your Diet <http://www.momtastic.com/health/168788-the-importance-of-fruits-and-vegetables-in-your-diet/>

Why is it important to eat vegetables? <http://www.choosemyplate.gov/vegetables-nutrients-health>

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