



## No Salad, No Problem

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Vegetables provide nutrients that are vital for the healthy maintenance of the body. A diet rich in vegetables may decrease our chances of developing heart disease, may protect us against certain types of cancer, and may reduce the risk of developing kidney stones.

The World Health Organization (WHO) recommends daily consumption of fruits and vegetables for overall health improvement and to reduce the risk of chronic diseases. While most people recognize the health benefits, incorporating vegetables into their diet is easier said than done. Some say they don't like the taste, some say it's the texture they're not fond of. One solution: drink them as juice instead.



### **1. Juicing makes it easier for your body to absorb nutrients from vegetables.**

As vegetables are juiced, cell walls are broken. The extracted liquid contains vitamins, minerals, and other antioxidants naturally present in a vegetable.



## **2. Juicing helps you consume the optimal amount of vegetables.**

The recommended daily vegetable intake should be at least 2 1/2 - 3 servings of vegetables. One serving is equivalent to 1 cup of raw non-leafy or cooked vegetables, or 2 cups of raw, leafy greens. A convenient way to help you consume the recommended amount is through a glass of vegetable juice.



## **3. Juicing allows you to consume a combination of different vegetables to get wider variety of phytonutrients and antioxidants.**

You may be fond of vegetables but eating the same vegetable everyday will not help you get all the needed nutrients, vitamins, and minerals.



**4. Juicing allows you to customize flavors by combining different delicious vegetables and fruits.**

If you don't have time to juice your own vegetables, fret not. With [Tipco 100% Juices for Del Monte](#), you can get the flavors and health benefits of vegetables in a ready-to-drink juice format. You can also get to enjoy the benefits of fruits and vegetables not readily available in the country. Tipco 100% Juices are made from 100% real fruits and vegetables, and they are guaranteed to be all natural. These juices have no added sugar, no artificial flavor, no preservatives, and no coloring. They're naturally healthy and surprisingly delicious!





**Sources:**

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Increasing fruit and vegetable consumption to reduce the risk of noncommunicable disease,

[http://www.who.int/elena/titles/fruit\\_vegetables\\_ncds/en/](http://www.who.int/elena/titles/fruit_vegetables_ncds/en/)

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