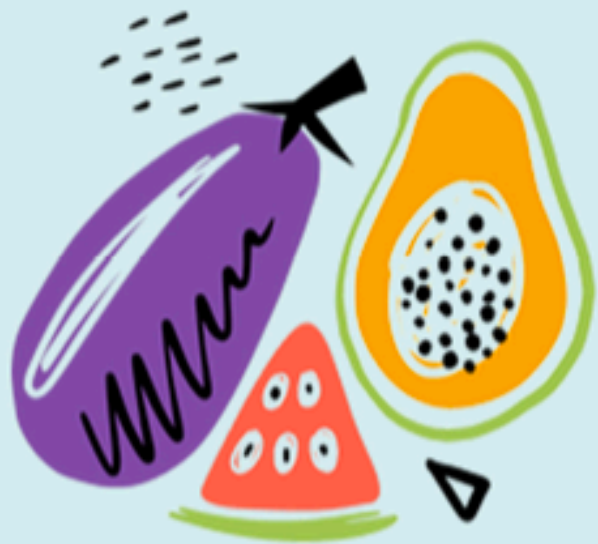


The Benefits of Eating Vegetables



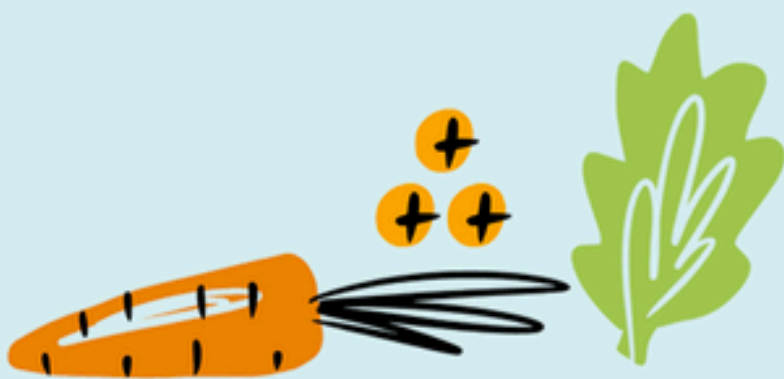
They are a great source of
vitamins and minerals

They provide lots of fibre

There are lots of varieties
to try



There are lots of seasonal
produce which helps reduce
cost



Vegetables contribute to a
healthy, balanced diet.

