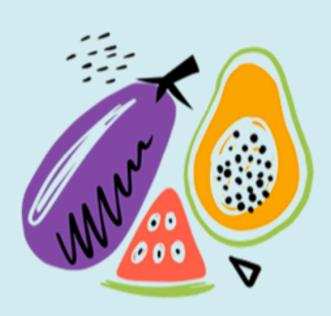


The Benefits of Eating Vegetables



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.





For more information on eating more vegetables visit: www.foodwise.org







