



BENEFITS OF VEGETABLES



- Nutrient dense (low calories, high vitamins and minerals)
- No cholesterol
- Fiber and folate
- Healthy nutrients absorbed better than supplements/pills
- Plenty of antioxidants to help against cell damage in the body & premature aging
- Make you feel more full to help prevent overeating
- May reduce risk of heart disease, obesity, type II diabetes, and more
- May protect against cancer
- Make you healthier overall!



SOURCE:
[HTTPS://WWW.CHOOSEMYPLATE.GOV/VEGETABLES-NUTRIENTS-HEALTH](https://www.choosemyplate.gov/vegetables-nutrients-health)