

# Fruits & Vegetables



School Health Alliance  
FOR FORSYTH COUNTY

*Keeping students healthy, fit and ready to learn.*

## The Why, When & How

### Why?

**Fruits & Vegetables contain:**

- Vitamin & Minerals
- Fiber
- Helps the Body to Function Normally
- Prevents Health Problems

### How?

**EAT YOUR FRUIT, DON'T DRINK IT  
(UNLESS THE WHOLE FRUIT OR VEGETABLE)**

**COVER 1/2 YOUR PLATE  
WITH VEGETABLES!**



**EAT THE RAINBOW**

**EAT THE PEEL  
(IF EDIBLE)**

**For More Information, Please Call Mineral Springs  
Student Health Center at (336)703-4273**

## HOW MANY?



## PER DAY