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Week 7 Mar. 15-19

Fruits & Vegetables Make a Difference

DID YOU KNOW?

More fruits and vegetables matter in helping you look your best?

- Fruits and vegetables are loaded with vitamins and minerals that make your skin soft and healthy, teeth shiny, eyes bright, and your bones strong.
- Enjoy a fruit or vegetable with every snack - grab some grapes, raisins, baby carrots, or a cup of canned fruit to feel energized and for a sweet treat.
- What fruits or vegetables have you had today?

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