

# FRUITS

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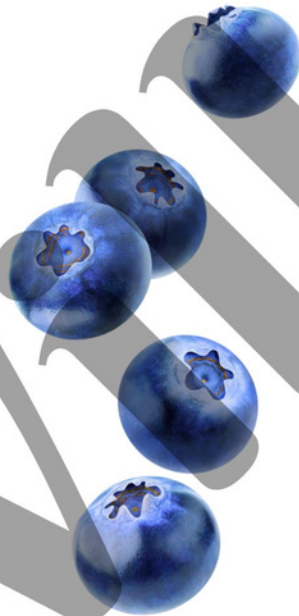
Use Villado

# VEGETABLES

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Use Villads

# Fruits



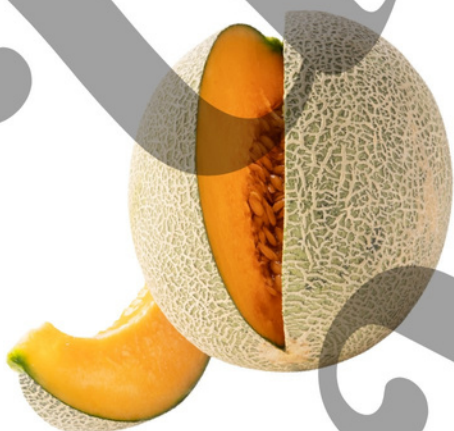
# Fruits



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# Vegetables



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## Fruits

Fruits provide natural sugars for energy and are rich in vitamins, minerals, and fiber. They are especially high in vitamin C, which:

- Boosts your immune system, helping your body fight off colds and infections.
- Helps repair your skin by building collagen, which is important for healing cuts and keeping skin healthy.

Fruits like oranges and mangoes are also rich in vitamin A, which supports good eyesight and healthy skin. The fiber in fruits helps keep your digestive system moving smoothly. Examples: Apples, bananas, oranges, and berries.

## Vegetables

Vegetables are packed with vitamins, minerals, and fiber, making them essential for your body.

- Calcium (found in leafy greens like kale) and magnesium help build and maintain strong bones and teeth.
- Iron in vegetables like spinach helps your blood carry oxygen to your muscles and brain, giving you energy.
- Vitamin A (found in carrots and sweet potatoes) helps your eyes adjust to light changes and keeps your skin healthy.
- Fiber supports digestion and keeps you feeling full longer.

Examples: Broccoli, carrots, spinach, and peppers.