



Presented by Veritas Risk Services

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Shop for Seasonal Produce This Summer

The U.S. Office of Disease Prevention and Health Promotion recommend that you consume at least two servings of fruit and three servings of vegetables each day. Although this varies by age, sex and level of physical activity, it is a good recommendation to live by to build a healthy dietary base.

One great way to add variety to your diet and to make sure you are eating enough fruits and vegetables is to look for seasonal produce. Additionally, choosing in-season produce can help save you money, as the abundance of the fruit or vegetable typically makes it less expensive.

This summer, be mindful of what fruits and vegetables are in season near you. Fruits & Veggies – More Matters, a health initiative focused on helping Americans increase fruit and vegetable consumption for better health, has made it easy to figure out which produce is in season. On its website, you can view year-round winter, spring, summer and fall produce options. Click [here](#) to see what's in season this summer.