

# REASONS TO EAT YOUR VEGGIES



An eggplant's peel can fight against cancer and aging.



Carrots help the body maintain connective tissue, teeth, and gums.



Cucumbers can help reduce constipation.



Broccoli protects you from cancer.



Tomatoes can help lower the risk of cancer.



Cauliflower is an excellent source of Vitamin C.



Lettuce can help increase bone mass.



Yams help maintain your night vision!



Onions can reduce high blood pressure.



Artichokes are a great source of fiber.



For More Information  
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