

**LEHIGH VALLEY
HOSPITAL
AND HEALTH NETWORK**

LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE

Fruits and Veggies Are Packed With Nutrients

We all know that fruits and vegetables are essential for good health, but what exactly do they provide? Here's a quick reference guide.

■ Berries

Blueberries, cranberries, blackberries, raspberries, strawberries

Berries contain antioxidants that help prevent cancer and retard the aging process. They also supply iron, potassium, magnesium and fiber.

■ Citrus Fruits

Oranges, grapefruits, tangerines, lemons, limes

Citrus fruits contain a wide variety of antioxidants, and are high in vitamin C, folate and potassium.

■ Cruciferous Vegetables

Broccoli, kale, cabbage, Brussels sprouts

These veggies are abundant in antioxidants, vitamin C and fiber.

■ Green Leafy Vegetables

Kale, Swiss chard, spinach, romaine lettuce, bok choy, collard greens

Green leafy veggies contain lutein, zeaxanthin and beta-carotene, which are beneficial for eye and heart health. They're also good sources of folate, fiber, calcium and magnesium.

■ Legumes

Dried beans, lentils, edamame (soybeans), green beans

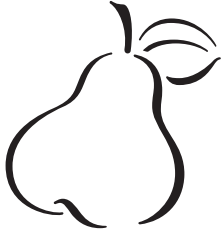
Legumes provide low-fat plant protein and fiber, and may reduce the risk for heart disease.

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■ Orange Vegetables

Pumpkin, butternut and buttercup squash, sweet potatoes, carrots, yams

Orange veggies are rich in carotenoids, which promote eye and skin health.



■ Tree Fruits

Apples, pears, apricots, peaches

These fruits provide soluble fiber which aids digestion, protects the colon, and helps keep cholesterol down. Some have flavonoids to protect the heart, as well as vitamins C, K and A.



■ Tomatoes

Tomatoes provide lycopene, B vitamins and vitamin C, which support the immune system. Eating tomatoes each day (especially in sauces) may reduce the risk for prostate cancer.



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