

Title:

Produce Powerhouses: Fruit and Vegetables that Pack a Nutritional Punch

Word Count:

503

Summary:

When it comes to nutrition, all produce isn't created equal. Indeed, some fruit and vegetables

Keywords:

produce, fruit vegetables, cooking vegetables, fresh produce, fresh fruit and vegetables, nutr

Article Body:

Everyone knows that consuming fresh fruit and vegetables can help us lead long and healthy lives.

Vitamin A: When it comes to Vitamin A, which plays a critical role in many of the body's functions,

Vitamin B6: To a large extent, Americans get most of their B vitamins from fortified cereals.

Vitamin E: Vitamin E is known for its antioxidant properties and protects cells from the effects of

Iron: This abundant metal is critical in delivering oxygen to tissues, as well as in cell growth and

Magnesium: About half of the body's magnesium is in the bones, but the other half helps keep the

Vitamin C: Vitamin C is crucial for a healthy metabolism and is has wonderful antioxidant properties.

It's important to keep in mind that, if you want to get the most vitamins and minerals from your

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