

Follow Mom's Advice!

Eat your fruits and veggies.



They have lots of vitamins, minerals and fiber to help prevent cancer.

- Aim for three veggie servings and two fruit servings every day.
- Include a variety of colors in your menu each week.

Save money by buying frozen or canned fruits and veggies.
They count toward your five-a-day!

Get free, health tips at
Focused on Health
www.mdanderson.org/focused

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