

Fruits and vegetables protect you!

Each fruit and vegetable is valuable because of vitamins, minerals and the fiber it contains. Provitamin A, vitamin C and the vitamins of the B group are the most represented. On the other hand, the main minerals are potassium, magnesium, calcium, phosphorous, iron, copper, and zinc. The fiber plays an important role making you feel satiated and satisfied. Fruit peels are particularly rich of it. The different colours of fruits and vegetables are due to particular components referred as “phytonutrients” and, in some cases, to certain vitamins:

Red fruits and vegetables are rich of vitamin C able to reinforce your immune defence. These foods also protect your heart and your urinary tract.



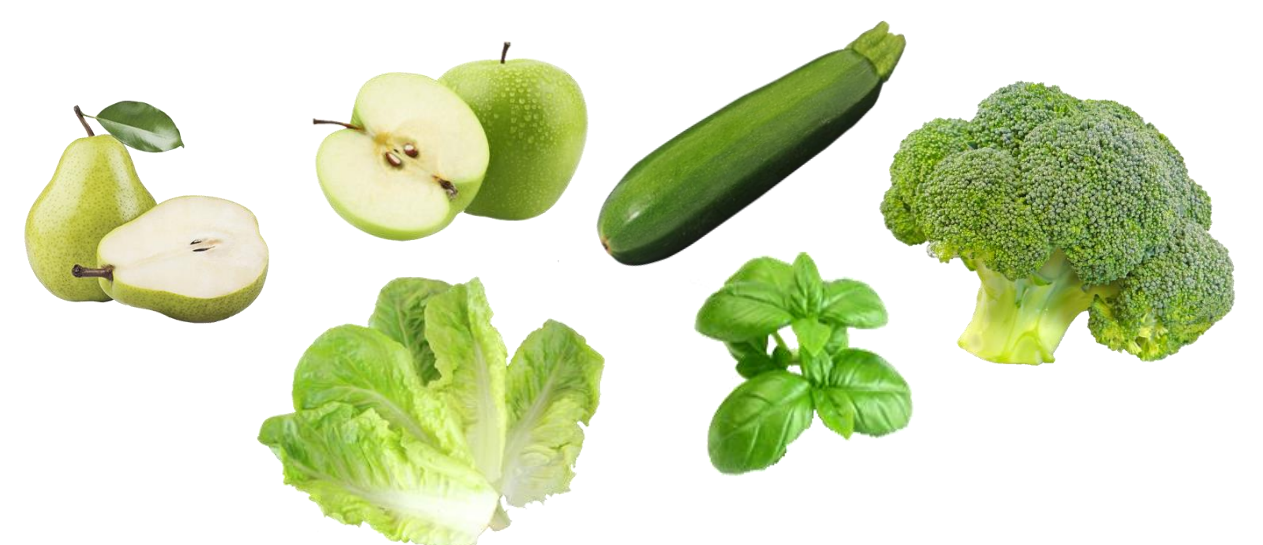
Yellow-orange colour is due to the presence of β -carotene (a precursor of vitamin A), important for your eye health, your growth and development. Yellow-orange fruits and vegetables reinforce your immune defence.



Blue-purple fruits and vegetables are good for your arteries and heart, brain, and bones.



Green fruits and vegetables help wound healing and contribute to reinforce your teeth and bones.



White fruits and vegetables contribute to healthy bones and arterial functions

