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Looking for a fresh, healthy lifestyle this year? Well, it's not too late to take the right steps to put you on the path for gaining more energy throughout your day, and even reduce the risk of heart problems and cancer. Fruits and vegetables need to be incorporated into your diet. Now, it's very important to understand that a low fat diet plan of low-fat cakes and pastries is certainly not the same as cutting fat by eating healthy whole grains, and fresh fruits and veggies.

The average person consumes only 3.4 servings of vegetables and fruits every day, despite the marketing campaigns to stress the importance of five servings. Recently, a survey of over 200 scientific studies examining the impact of fruit and vegetable intake on prevention of cancer indicated that increased amounts of those foods in the diet can substantially reduce the risk of developing the disease. Cancers of the pancreas, large intestine, uterus, stomach, lung, esophagus, and mouth are the cancers that are best fought with fruits and veggies. Visit this site for further information on [cherry farm](#).

A number of people attempt to get some of the benefits of fruits and veggies through a vitamin supplement, but they are not getting many of the cancer-fighting elements that are only available through food. Vitamins C and E, beta carotene, and other antioxidant nutrients found in supplements, play an important role in the prevention of cancer, but natural plant substances and dietary fibers have been shown to be equally essential, and they are not present in supplements. Altering hormonal and other body systems to help normal cell function, blocking the beginning of cancer formation, and maintaining normal cell DNA are some of the things these substances can do.

There are many other health benefits to increasing vegetable and fruit consumption. With a diet rich in fruits and vegetables, you can also curb such medical problems as intestinal issues, high blood pressure, high cholesterol, and diabetes. Getting antioxidants from them can even decrease your risk of cataracts, and the potassium in many fruits and veggies can reduce or even eliminate high blood pressure. Vegetables and fruits are naturally low in fat and high in flavor, making them the ideal food for weight loss.

It is the belief of a great number of individuals, that they can maintain excellent health, and supply their body with the nutrition needed, by consuming only one or two servings of fruits and vegetables (one cup or fewer), per day. As we have learned more about what veggies and fruits can do for us, we realized that people must eat more than one or two servings of veggies on a daily basis. People need to change their diets to include these powerful foods. If you want more comprehensive info on [buying cherry boxes](#) that site will help you.

First, examine just how many 1/2 cup servings you get in your average day. Raw, leafy, green vegetables require a full cup to be considered a serving. If you are not eating five servings in a normal day, then you should boost your intake - maybe increase your daily average by one serving a week until you get up to the desired five servings.

It's not that hard to do if you just add some fruits or vegetables to your menu at every meal. Also, you can get more servings per day by eating a full cup (that's two servings) during a meal. You may need to decrease the amount of meat you are eating at each meal, or restrict extra grain servings, so that you are able to eat the necessary fruits and vegetables. Lastly, rather than filling up on fat free confections offering little nutritional value, it is better to select fruits and vegetables daily for eating in between meals.

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