

## Healthy Lifestyles – Marshfield Area Coalition’s Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five.” Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

### Orange or yellow fruits & vegetables

Eating a variety of fruits and vegetables will help you get the important vitamins and minerals that you need to be healthy and energetic. Orange or yellow fruits and vegetables contain beta-carotene, which helps the immune system function properly and vitamin C which is needed along with other nutrients to form healthy tissue and bones, assist in the absorption of iron and proper functioning of the nervous system. Below are other benefits of eating orange or yellow fruits and vegetables.



1. Help fight disease
2. Help maintain healthy eye sight
3. Help wounds heal
4. May prevent birth defect
5. Help reduce the risks of cancer and heart disease



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*To view article online, visit our Web site at [www.marshfieldhealthylifestyles.org](http://www.marshfieldhealthylifestyles.org).  
For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.*

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