

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!

Red fruits and vegetables

Nothing could be more important than the old saying, “Variety is the spice of life,” when it’s applied to health and nutrition. Eating a wide variety of foods each day ensures your body gets the nutrients it needs for optimum health. Red fruits and vegetables are believed to promote heart health and urinary tract health as well as help lower the risk of some cancers. Enjoy the benefits of red fruits and vegetables by including cranberries, pink grapefruit, cherries, strawberries, watermelon, red cabbage, red peppers, tomatoes and beets in your diet. Below are five more benefits of eating red fruits and vegetables.



1. Helps reduce the risk of several types of cancer, especially prostate cancer
2. Promotes memory function
3. Reduces inflammation
4. Helps delay several diseases associated with aging
5. Helps fight heart disease



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*To view article online, visit our Web site at 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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