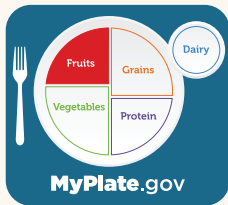


# Choose Fruits



SELECT OPTIONS WITHOUT ADDED SUGAR.

Fruits may help lower your risk of heart disease, type 2 diabetes and certain cancers.



Evidence-based health material brought to you by Nebraska Extension.