



## More Evidence of Importance of Fruit and Veggie Consumption

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A **new study** published in the American Journal of Clinical Nutrition shows that consumption of five servings of fruits and vegetables a day leads to a longer life. The comprehensive research, conducted in Sweden, studied more than 71,000 people aged 45 to 83 for 13 years. Among the key findings, eating fewer than five servings of fruit and vegetables each day is linked with a higher chance of dying early. Participants who ate at least one serving of fruit daily lived 19 months longer than those who never ate fruit, on average. And those who ate at least three servings of vegetables per day lived 32 months longer than people who reported not eating vegetables.

This Swedish study can be added to the decades of nutritional research that show the benefits of eating fruits and veggies on improved health. Another important example is the recent peer reviewed study published in the Journal of **Food and Chemical Toxicology** which found that if half of Americans increased their consumption of fruits and vegetables by a single serving, 20,000 cancer cases could be prevented. (It should be noted that most of these nutritional studies were conducted using conventionally grown produce.)

This type of science based evidence is why the Alliance for Food and Farming joins with public health experts, the government, and environmental groups in encouraging consumption of all fruits and vegetables – organic and conventional. Experts agree that both are grown safely and can be eaten with confidence.

Read, learn, choose but eat more conventional and organic produce and live longer!