



The U.S. government has spent billions trying to find a cure for heart disease, cancer, and other diseases.

**THEIR CONCLUSION:**

Disease is easier to prevent than it is to cure.

**THEIR RECOMMENDATION:**

Eat 7-13 servings of fresh fruits and vegetables every day.

**THE PROBLEM:**

Almost no one does.

**Did you know?:**

**Tomato: 1 ~ 4**

**Carrot: 1 ~ 7**

**Broccoli 1 ~ 9**

**1953 ~ 2008**

As of 1/1/05 the recommendation is 9-13 servings!

## NUTRITION

If you ate one cup of spinach in 1954, the amount of iron you would receive is comparable to eating 60 cups of spinach today.

**1954**

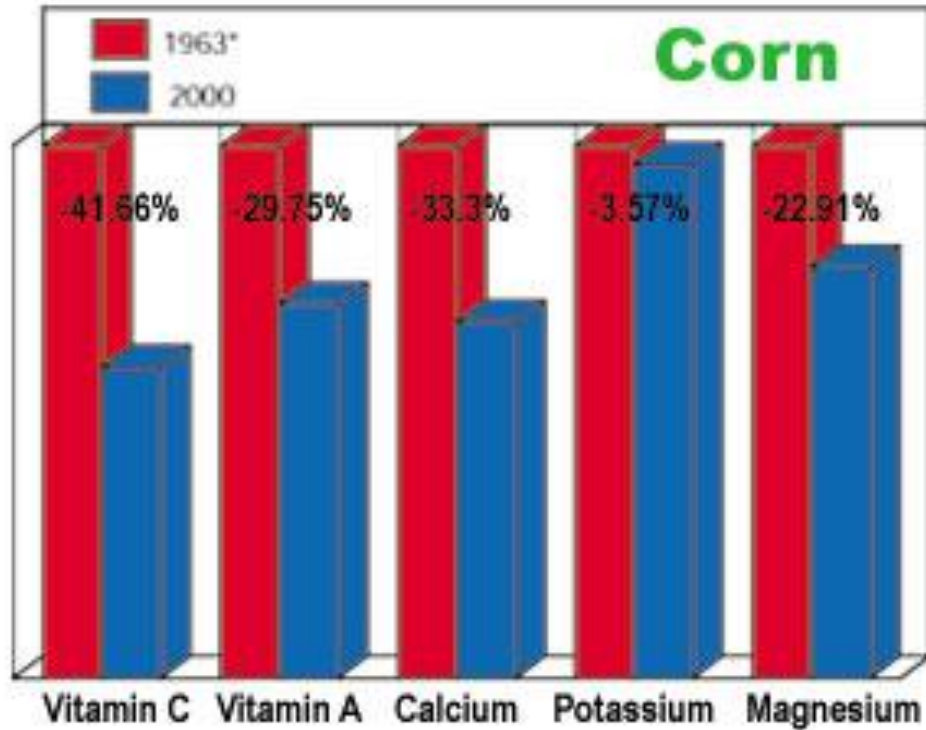
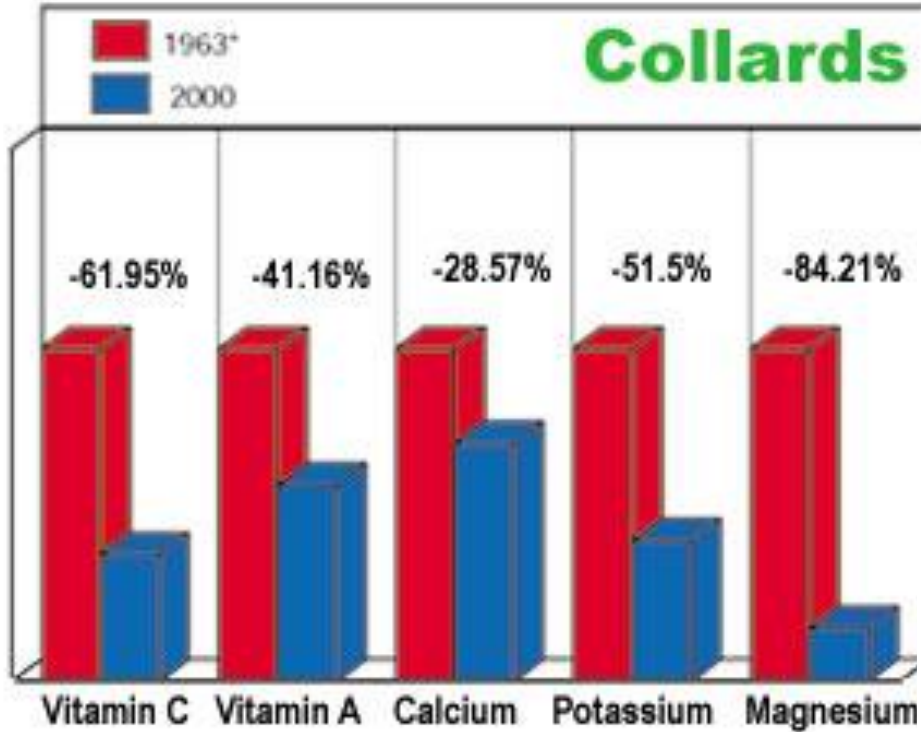


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**2003**



# Change in nutrient content of Collards and Corn 1963 - 2000



Source: USDA Nutrient Databases