

A vibrant display of fresh produce in green crates. The crates are filled with various vegetables, including bright red tomatoes, dark purple eggplants, green zucchini, and bright orange carrots. The produce is arranged in neat rows, creating a colorful and appetizing scene. The background is slightly blurred, focusing attention on the fresh vegetables in the foreground.

Nutrition

Eating at least five servings of fruits & veggies a day can help reduce your risk of heart disease and cancer.