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**Top 5 reasons why vegetables fuel healthy lives**

November 9, 2022

## 1. STAY HYDRATED

Let's kick it off by staying young! Staying hydrated is one of the best ways to prevent premature aging, but it can be tough to get all the water you need. Fresh vegetables & fruit are a great way to hydrate, while also snacking on something delicious. They also provide an alternative to salty snacks; a great way to keep sodium intake low. [Poco Bites® Cocktail Cucumbers](#) are the perfect snack for the job; they hydrate you & deliver a crave-able crunch. While fresh fruit & vegetables certainly aren't a youth potion, many vitamins and nutrients can help you look & feel younger. According to Healthline.com, tomatoes, like [Juno® Bites Red Grape Tomatoes](#) which are high in lycopene, can help protect your skin from sunburns and slow the aging process.



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## 2. GET YOUR VITAMINS

Vegetables are incredibly powerful little things; many are full of nutrients that may reduce the risk of certain types of cancer & other diseases. Vitamins A, C, and E are key nutrients that you'll want to include in your diet. Maintaining sufficient levels of Vitamin A in your diet is important in supporting eye health; deficiency in this vitamin is the leading cause of blindness. Vitamin C, found in tomatoes, can help support heart health by reducing & protecting against high cholesterol. Vitamin E also reduces the risk of heart disease, but it really is a jack of all trades. It can also improve muscle function and reduce the risk of cancer. All these benefits are packed into all varieties of [Sweet Bell Peppers!](#)

## 3. BALANCE YOUR BLOOD SUGAR

Maintaining healthy blood sugar levels can help reduce the risk of diabetes. Snacking on fresh vegetables is a great way to fill you up, while not spiking your blood sugar throughout the day. Though they are low-calorie, they will keep you fuller for longer because of their fiber content. If you're looking to reduce your daily calorie intake, try adding an additional serving of bite-sized [Uno Bites™ Nano Cucumbers](#), to help feed hunger pains during the day!





#### **4. EAT FOR GUT HEALTH**

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While you've likely heard about the link between gut health and mental health, you might be surprised to find that there is serious science to back it up. By eating whole foods that are high in fiber, you're feeding the probiotic bacteria that live in your gut. This is important because these bacteria produce neurotransmitters like dopamine and serotonin. Fiber from whole foods has been shown to be more effective than supplements in supporting a healthy gut biome. By regularly including fresh vegetables in your diet, you can provide your body and mind with what it needs!

## 5. PROTECT YOUR EYES



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Your eyes are under constant stress if you spend all day looking at screens, and many people do. Luckily, fresh vegetables can give you some insurance when it comes to your eye health! Next time you find yourself in front of your TV and hankering for a snack, opt for [Aurora Bites Mini Sweet Peppers](#) instead of a bag of chips. Red peppers are a great source of carotenoids, which help reduce the risk of age-related macular degeneration. Take advantage of those autumn movie nights to get your veggies in and protect your health in the long run!

Eating fresh this fall will help to maintain happy bodies & may just help fight against pesky illnesses that tend to surface in the fall and winter. Incorporating fresh greenhouse fruits & vegetables in your snacks & meals will pave the way for you to feel vibrant, full of life, and ready to take on all that fall has to offer.

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