Do you get enough fruits and vegetables to support your health?

New research shows you most likely are not. The Global Phytonutrient Report released by the Nutrilite Health Institute reveals significant global gaps in fruit and vegetable consumption, which impact phytonutrient intake levels and, ultimately, optimal health.

**Problem**
Most adults are **not eating enough of the recommended amount of fruits & vegetables.**

**Obstacle**
Eating the recommended **quantity** of fruits and vegetables—as well as a **variety**—is challenging for many regions of the world.

Did you **know**...

**Fruits and vegetables contain powerful phytonutrients**—providing a range of health benefits.

That’s why you should eat the daily recommended quantity of fruits and vegetables and fill your plate with a colorful assortment.

**Solution**

Simple steps to increase the **quantity** and **variety** of phytonutrients in your diet:

1. **5 Servings**
   - Eat at least five servings (400g) of colorful fruits and vegetables per day.

2. **Power up your plate** with a variety of fruits and vegetables to get a range of health benefits.

3. **Plant-based supplements**
   - When diet is not enough, consider plant-based supplements.