



PRODUCE PRESCRIPTION SHOPPING LIST!



FOODS TO SUPPORT YOUR OVERALL HEALTH

- Dark Leafy Green Vegetables
- Legumes
- Cruciferous Vegetables
- Tomatoes
- Sweet Potatoes
- Berries
- Citrus Fruits
- Cucumbers
- Peaches
- Peppers
- Squash and Zucchini
- Carrots

FOODS TO MANAGE SPECIFIC DISEASES

HEART DISEASE

- Kale, cabbage
- Broccoli
- Berries
- Peppers

DIABETES

- Legumes
- Tomatoes
- Kale, cabbage
- Sweet potatoes

MENTAL HEALTH

- Cucumbers
- Citrus Fruits
- Berries
- Peaches

WEIGHT MANAGEMENT

- Squash and Zucchini
- Broccoli
- Berries
- Carrots

Food is medicine!

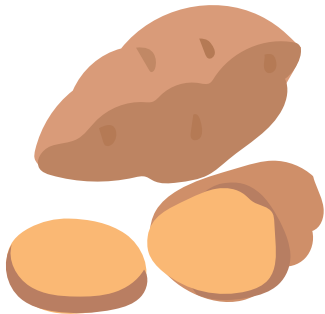
Check out how each item can support your health with the unique micronutrients it contains.



Dark leafy green vegetables like kale, spinach, and cabbage help manage and prevent diabetes, hypertension, and promote weight management by providing essential nutrients and fiber that enhance insulin sensitivity, promote satiety, and support healthy blood pressure levels.



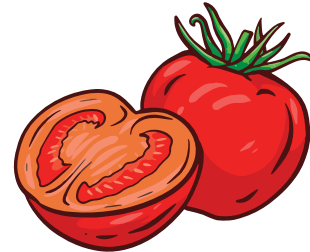
Legumes such as beans and lentils are high in fiber and can aid in blood sugar control and heart health.



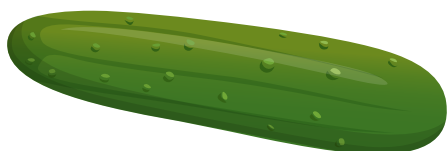
Sweet potatoes contain fiber and vitamins A and C that support immune function and blood sugar regulation.



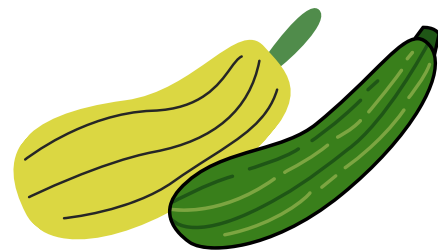
Cruciferous vegetables such as broccoli and brussels sprouts are rich in fiber and phytonutrients that may reduce cancer risk.



Tomatoes contain lycopene which can help lower risk of diseases and certain cancers.



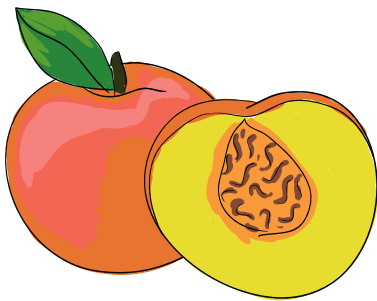
Cucumbers can help with chronic diseases and energy levels by providing hydration, antioxidants, and essential nutrients that support heart health, reduce inflammation, and improve overall energy levels.



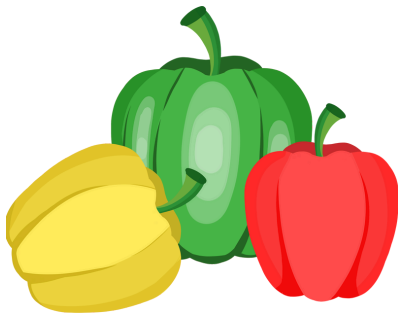
Zucchini and yellow squash contain vitamins A and C along with lots of fiber that promotes both digestive and heart health.



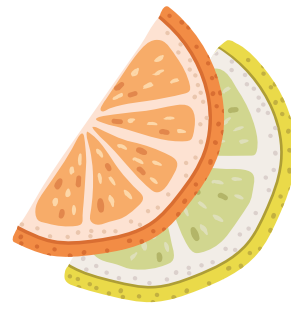
Berries are rich in antioxidants and help reduce inflammation and improve heart health, as well as reduce oxidative stress linked to depression and anxiety.



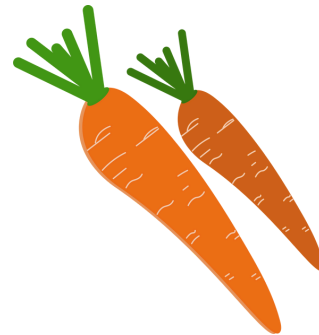
Peaches offer antioxidants, vitamins, and fiber that support heart health, reduce inflammation, and contribute to improved mood and stress reduction.



Peppers help prevent and manage chronic disease because they are rich in vitamins A and C, antioxidants, and capsaicin, which help reduce inflammation, boost immune function, improve heart health, and potentially lower the risk of cancer.



Citrus fruits such as oranges, are packed with Vitamin C and fiber, can help boost immune function and improve cholesterol levels, and can help reduce stress and boost the immune system which can improve mood and energy levels.



Carrots contain vitamins A, B, and K that help support eye, digestive, and heart health while also regulating blood sugar levels and promoting satiety for weight management.



Scan the QR code above to learn more about healthy food choices, recipes, and serving sizes to support your health!