

Build a Healthy Grocery Cart



Acme Grocer

15238 Bacon Ranch Way
Baltimore
Maryland 21202

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2016-02-25 IW424534: 9338300
Terminal: 9338300

| PRODUCE | INV# | (\$) |
|----------------|--------|----------------|
| AVOCADOS | 939645 | \$4.25 (2) |
| | | \$8.50 |
| ALMONDS | 473779 | \$6.00 |
| OLIVES | 722736 | \$3.00 |
| BROCCOLI | 284965 | \$2.50 |
| BLUEBERRIES | 735690 | \$5.25 (2) |
| | | \$10.50 |
| GARLIC | 884176 | \$3.75 |
| SWEET POTATOES | 731836 | \$6.75 |
| CARROTS | 920573 | \$4.25 |
| SPINACH | 938427 | \$5.25 |

SUBTOTAL \$54.75
TAX 1 7.000% \$3.83
TOTAL \$58.58
DEBIT TENDED \$58.58
CHANGE DUE \$00.00

EFT DEBIT PAY FROM PRIMARY
ACCOUNT: 5254

58.58 TOTAL PURCHASE
REF # 1310000195280
NETWORK ID. 0071 APPR CODE 297664

TC# 0432 2121 1542 2401 9590



Let's face it – fad diets come and go (Cabbage Soup Diet, anyone?), but vitamin-rich fruit and vegetables are forever. Fruit and vegetable consumption has been linked to many health benefits, including:

- reduced risk of cancer, diabetes, and heart disease;
- lower cholesterol;
- and an essential source of vitamins and minerals.

With the responsible use of today's crop protection tools, farmers are able to grow healthy produce year-round. Make some room in your grocery cart!

Foods high in monounsaturated fats can improve blood cholesterol levels, which may decrease your risk of heart disease.¹ Monounsaturated fats provide nutrients to help develop and maintain your body's cells, ward off heart disease and stroke, and reduce cholesterol levels.

Antioxidants are chemicals that interact with and neutralize free radicals in your body, reducing the risk of damage. Your body makes some of the antioxidants it uses to neutralize free radicals, but we also rely on antioxidants from food to prevent or delay some types of cell damage.² Broccoli, blueberries and garlic are rich sources of antioxidants which may lower risks of certain diseases.

Whether it's fresh, frozen or canned, produce in all forms is a healthy choice chock-full of vitamins and nutrients! Sweet potatoes, carrots and spinach are rich in vitamins, such as beta carotene (important for vision, the immune system, and reproduction³); Vitamin C (improves the absorption of iron from plant-based foods and helps the immune system work properly to protect the body from disease⁴); and Vitamin E (boosts the immune system to fight off invading bacteria and viruses⁵).

¹<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats>

²<http://www.cancer.gov/about-cancer/causes-prevention/risk/diet/antioxidants-fact-sheet>

³<https://ods.od.nih.gov/factsheets/VitaminA-Consumer/>

⁴<https://ods.od.nih.gov/factsheets/VitaminC-Consumer/#h3>

⁵<https://ods.od.nih.gov/factsheets/VitaminE-Consumer/>

