September is Fruits & Veggies Month!

Did you know 90% of adults and children do not consume the amount of fruits and vegetables recommended by the Dietary Guidelines for Americans? Fruits and vegetables provide our bodies with vitamins, minerals, fiber, and water, to keep our digestive systems happy and healthy. In September, as we celebrate fruits & veggies month, we challenge you to try a new fruit or vegetable each week! Plus, read on to learn more about why it is beneficial to make half of your plate fruits and veggies at every meal!

What’s Happenin’ at UND?

**Virtual House Party**  
September 16, 17, 18, 7:00-9:00 PM @ the Pike Fraternity House

**UPC Movie Night**  
Friday, September 19, 9:00-11:00 PM, Lecture Bowl

**Hypnotist**  
Friday, September 26, 9:00-10:30 PM, Loading Dock

**Breakfast Chat Fridays**  
Fridays, 9:00-11:00 AM, Multicultural Center  
Enjoy networking and conversation for students of color (Mixed Race, Asian/Pacific Islander, Black/African-American, Latino/a) and allies. Light refreshments such as bagels with spread, juice, coffee, coffee cake, and breakfast bars will be served.

Fast Facts

Spinach would be dark orange except it has so much chlorophyll that you can’t see the orange through the green!  

On average, there are over 200 tiny seeds on a strawberry.

The first carrots that were grown were purple in color! Orange carrots later originated from Holland.

Onions make you cry because they are full of sulfuric chemicals, which irritate your tear ducts.

Valentines and onions:  
Hypnotist Friday, September 26, 9:00-10:30 PM, Loading Dock

Did you know... A strawberry is not an actual berry, but a banana is considered a berry!

Color & Texture.  
Fruits and veggies add color, texture and appeal to your plate.

Convenience.  
Fruits and veggies are nutritious in any form—fresh, frozen, canned, dried and 100% juice, so they’re ready when you are.

Fiber.  
Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.

Low in Calories.  
Fruits and veggies are naturally low in calories.

May Reduce Disease Risk.  
Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

Vitamins & Minerals.  
Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

Variety.  
Fruits and veggies are available in an almost infinite variety...there’s always something new to try!

Quick, Natural Snack.  
Fruits and veggies are nature’s treat and easy to grab for a snack.

Fun to Eat!  
Some crunch, some squish, some you peel, some you don’t, and some grow right in your own backyard!

FRUITS & VEGGIES ARE NUTRITIOUS & DELICIOUS!

10 Reasons to Eat More Fruits & Veggies

16 17 18  
**September**  
**Tue/Wed/Thur**

19  
**September**  
**Friday**

26  
**September**  
**Friday**

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