

# FRESH NZ GROWN VEGES FOR...



**BALANCED  
BRAIN**



**HELP  
HEALTHY  
SIGHT**



**SUSTAINED  
ENERGY  
HIGH FIBRE**



**IMMUNITY**



**HEALTHY  
INSIDES**



**VITAL  
HYDRATION**



**HEALTHY  
BONES AND  
JOINTS**



**HEALTHY  
SKIN**



Source New Zealand Institute for Plant and Food Research 2012

FOR MORE INFORMATION VISIT [vegetables.co.nz](http://vegetables.co.nz)

