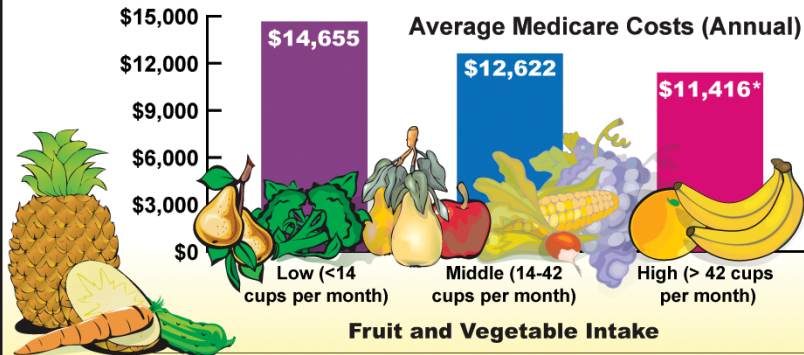


Eat Those Fruits and Vegetables!

A 25-year study of 1,070 men (40-55 years old and free of heart disease at baseline) estimated average annual Medicare costs in surviving participants based on their fruit and vegetable intake at the start of the study.



* Men who reported the highest fruit and vegetable consumption also had the lowest annual charges related to coronary heart disease and cardiovascular disease.

SOURCE: Daviglius ML, Liu K, Yan Lijing, Pirzada A, Garside DB, Van Horn L, Dyer AR, Greenland P, Stamler J. Report presented at the American Heart Association's Second Asian Pacific Scientific Forum, June 9, 2003.