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Fruits and veggies for a longer life

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It's an established fact that fruits and vegetables help maintain a healthy body and mind. But a recent study by researchers at the Harvard TH Chan School of Public Health in Boston (USA) has further expanded it for the benefit of fitness lovers. According to the study, consuming at least two fruit and three vegetable servings on a daily basis may lower the risk of disease-related death and death from all causes. The guidelines suggest that half of the plate for every meal should contain fruits and vegetables. It also states that the daily intake of five servings of fruits and veggies lower the risk of death related to cancer, cardiovascular disease, or respiratory disease.

