

# Strong Diet Includes Fruits and Vegetables

Are you consuming enough fruits and vegetables to maintain your strength? If you are like most Americans, you may be falling short. The results of a three-year study at Tufts University suggest that fruits and vegetables rich in potassium may keep you strong as you age. Researchers at the Bone Metabolism Laboratory of Tufts have found a link between muscle tissue and potassium-rich diets that are high in fruits and vegetables. These findings were published in the March 2008 issue of the *American Journal of Clinical Nutrition*.

## **Take Home Message**

A diet rich in fruits and vegetables has been shown to reduce the risk of heart disease, cancer and stroke. This study provides another good reason to eat more fruits and vegetables. Nearly all fresh, frozen and canned fruits and vegetables are good sources of potassium.