

# Which would you rather have every day?



*41¢ per serving*  
fruit medley



*\$84 per month*  
blood pressure medicine

## **Getting five servings of fresh fruits and vegetables daily**

is just one of the ways you can reduce your risk of costly health problems. When it comes to the cost of healthcare, your choices make a difference.

*Source: PRIME, Antihypertensives comparisons, October 2011.*



**NEBRASKA**

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