

# Which would you rather have every day?



*\$.68 per serving*  
fruit medley



*\$.71.41 per month*  
blood pressure medicine

**Getting five servings of fresh fruits and vegetables daily:** just one of the ways you can reduce your risk of costly health problems. When it comes to the cost of healthcare, our choices make a difference.



**BlueCross BlueShield of Nebraska**

A Not-For-Profit Mutual Insurance Company and an Independent Licensee of the Blue Cross and Blue Shield Association.

Source: Medspan, 2004.

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