

Exercise Your Right to

Eat More Fruits and Vegetables



Fruits and vegetables refresh and restore!

Fruits and vegetables taste great and are naturally low in calories, fat, and sodium.

The more colorful, the better – aim for a variety of fruits and vegetables:

Fruits and vegetables come in an extremely edible rainbow of colors as a result of natural plant pigments. Many of these pigments are antioxidants or phytochemicals, which provide powerful protection against diseases. Different colors are rich in different vitamins and minerals. Eat fruits and vegetables from each color group, such as:

- Red – apples, cranberries, tomatoes
- Yellow/orange – peaches, butternut squash, sweet potatoes
- Green – all dark leafy greens, kiwifruit, broccoli
- Blue/purple – blueberries, plums, purple cabbage
- White/tan/brown – bananas, pears, cauliflower

Fruits and vegetables, highly digestible, we suggest you eat more!

The health benefits of eating fruits and vegetables are bountiful. To name a few, they help you:

- Lower blood pressure and cholesterol
- Grow and repair body tissues with all the vitamins and minerals
- Manage weight because you feel full longer
- Prevent constipation since they're high in fiber
- Lower the risk for heart disease, type 2 diabetes, some cancers, and other health conditions

Tips to help you eat more fruits and vegetables:

When shopping

- Get fresh fruits and vegetables in season when they cost less and are tastier – check out a local farmer's market!
- Stock up on frozen fruits and vegetables – aim for those low in salt and sugar
- Buy convenient, pre-cut packages of fruits and vegetables, fresh or frozen

For snacks

- Keep fruits and vegetables visible in a bowl on the counter
- Store cut-up fruits and vegetables in clear containers at the front of your refrigerator

For mealtimes

- Add vegetables to everyday meals – in omelets, sandwiches, pasta dishes, soups, and on pizzas
- Enjoy smoothies – blend different fruits with low-fat or fat-free milk or yogurt
- Fill half your plate with fruits and vegetables
- Pack fruits and vegetables in your lunch

Take the next step – aim for at least 5 or more servings of fruits and vegetables every day. One serving equals:

- 1 cup of raw fruits or vegetables
- ½ cup cooked fruits or vegetables
- ½ cup of 100% fruit or vegetable juice
- ¼ cup of dried fruit
- 2 cups of raw leafy greens

Try strawberries on your whole grain cereal at breakfast, a banana for an on-the-go snack, baby carrots and a green salad at lunch, and steamed vegetables with dinner! You're on your way to "5 or more a day!"