



5 SERVINGS OR MORE OF FRUITS & VEGETABLES



WHAT BENEFITS COME FROM EATING FRUITS AND VEGETABLES?

- They help keep you from getting some types of diseases such as cancer.
- They give you lots of water and fiber.
- They are full of vitamins and minerals, such as iron, magnesium and calcium.
- They help make blood and keep your bones and muscles strong.
- They help give you a healthy complexion.

WHAT CAN HELP YOU EAT MORE OF THEM?

Add them to the foods you eat now. You might add:

- Fruit to a low or nonfat yogurt smoothie.
- Chopped apricots, apples or pears to a green salad.
- Frozen or fresh vegetables to canned soup.
- Fruit to cereal or pancakes.
- Tomatoes or other vegetables on sandwiches.



EASY TIPS TO PREPARE FRUITS AND VEGETABLES:

- Wash and cut fruits and vegetables ahead of time.
- Keep canned, frozen and dried fruit on hand.
- Stock up on frozen vegetables for easy microwave cooking.
- Buy ready-to-eat fruits and vegetables from the grocery store salad bar.
- Buy pre-sliced, pre-washed bagged salad from the store.
- Pick fruits or vegetables that don't need any prep like bananas and apples!

WHAT IS "ONE SERVING" OF A FRUIT OR VEGETABLE?

For people 9 years of age or older, one serving is one measuring cup. Here are some examples:

- 1 piece of fruit about the size of a tennis ball.
- 1 measuring cup of small or cut-up fruit like grapes or other berries.
- 1 cup of non-leafy cooked vegetables like green beans or broccoli.

Some exceptions are dried fruit and leafy vegetables. Here are some examples of one serving:

- ½ cup of dried fruit.
- 2 cups of raw leafy vegetables like lettuce or other greens.

Another way to think about one serving for other ages is to use the size of the fist of the person eating it. For a small child this might be ½ of a measuring cup.

WHAT CAN YOU DO IF YOU'RE CONCERNED ABOUT COST?

- Watch ads for sales and cut coupons from the paper. Some stores may price match.
- Buy fresh fruits and vegetables in season and freeze for later in the year.
- Compare prices of canned, frozen and fresh fruits and vegetables and buy the cheapest.
- Grow your own fruits and vegetables at home or at a community garden.
- Go to a local Farmer's Market.

Shop THE RAINBOW

See if you can find and try all of these fruits and vegetables!

Red	Orange	Yellow	Green	Blue/Purple	White
<input type="checkbox"/> Apple <input type="checkbox"/> Cherries <input type="checkbox"/> Grapefruit <input type="checkbox"/> Pepper <input type="checkbox"/> Pomegranate <input type="checkbox"/> Strawberry <input type="checkbox"/> Tomato <input type="checkbox"/> Watermelon	<input type="checkbox"/> Cantaloupe <input type="checkbox"/> Carrot <input type="checkbox"/> Mango <input type="checkbox"/> Orange <input type="checkbox"/> Papaya <input type="checkbox"/> Pumpkin <input type="checkbox"/> Sweet Potato <input type="checkbox"/> Tangerine	<input type="checkbox"/> Apricot <input type="checkbox"/> Corn <input type="checkbox"/> Peach <input type="checkbox"/> Pepper <input type="checkbox"/> Pineapple <input type="checkbox"/> Squash	<input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Cucumbers <input type="checkbox"/> Grapes <input type="checkbox"/> Green Beans <input type="checkbox"/> Kiwi <input type="checkbox"/> Lettuce/Greens <input type="checkbox"/> Peas <input type="checkbox"/> Pepper <input type="checkbox"/> Spinach <input type="checkbox"/> Zucchini	<input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Eggplant <input type="checkbox"/> Figs <input type="checkbox"/> Grapes <input type="checkbox"/> Plum <input type="checkbox"/> Prune <input type="checkbox"/> Raisins	<input type="checkbox"/> Banana <input type="checkbox"/> Cauliflower <input type="checkbox"/> Jicama <input type="checkbox"/> Onion <input type="checkbox"/> Pear <input type="checkbox"/> Potato <input type="checkbox"/> Sprouts

JUST THE FACTS!

- Whole fruits and vegetables are higher in fiber, lower in calories and can be more filling than juice.
- Frozen berries, grapes or bananas make great snacks!
- A person's tastes change. Keep trying different fruits and vegetables! If you don't like something once, you may like it the second time around.

TIPS TO HELP YOU EAT MORE FRUITS AND VEGETABLES:

- Plan your meals ahead of time to include fruits and vegetables.
- Eat fresh fruit or vegetables for a snack.
- Cut fruits and vegetables into fun shapes or try kabobs.
- Carry dried fruit for a quick snack on the go.
- Use chopped fruit when baking breads or muffins.
- Try vegetable pizza or top cheese pizza with onions, peppers, tomatoes or broccoli.



TIPS TO TRY WITH FRUITS:

- Buy or make lowfat smoothies or fruit and yogurt parfaits with your friends.
- Top frozen yogurt with fruit such as strawberries, raspberries or blueberries.
- Have baked apples or pears for dessert.
- Try a variety of textures such as crunchy (apples) and smooth (bananas).

TIPS TO TRY WITH VEGETABLES:

- Choose a side salad with your meal when eating out or replace French fries with seasonal vegetables.
- Serve raw vegetables with lowfat or nonfat dip.
- Bring a fresh vegetable tray to your next get-together or party.

TIPS TO KEEP FRESH FRUITS AND VEGETABLES FROM SPOILING:

- Serve fresh fruits and vegetables first. Save the frozen and canned ones for later.
- Buy both ripe and not-as-ripe fruits and vegetables. Eat the ripe ones first. Allow the others to ripen and eat over the next few days.
- Keep fruits and vegetables in sight in the refrigerator or on the kitchen table.

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