

Fruits and Vegetables for Better Health

Why Fruits and Vegetables?

- Fruits and veggies are nutrient-rich – Nutrient-rich foods help to keep you healthy and energized
- Fruits and veggies are rich in vitamins, minerals, fiber and antioxidants that help to reduce the risk of many diseases including, heart disease, high blood pressure and some cancers

Include More Fruits and Veggies: What Your Family Can Do

- Eat a variety of colorful fruits and veggies each day
 - Try crunchy veggies, raw or lightly steamed
 - Cut up veggies and serve with a low fat dip for a healthy snack
- Try all forms of fruits and veggies
 - Fresh, frozen, canned, dried and 100% juice
 - Canned veggies or fruits packed in water are best to reduce calories, salt and sugar
- Add fruits and veggies to your favorite foods
 - Shred carrots or zucchini into meatloaf, casseroles or muffins, add diced veggies to an omelet, or top off a pizza with fresh veggies
- Mix up a salad with leafy greens, and other veggies and fruits
 - Apples, pears, raisins, can add flavor and boost nutrition

For More Information

- www.kidshealth.org/parent
- www.americanheart.gov
- www.dole5aday.com
- www.fruitsandveggiesmatter.gov
- www.teamnutrition.usda.gov/library

Information provided in this sheet was adapted from www.dole5aday.com, www.mypyramid.gov, www.5aday.gov, www.nci.gov, www.eatright.org, www.cdc.gov, www.hhs.gov, and www.usda.gov.

Quick Tips

- Fresh, frozen, canned, and dried fruits and veggies can all count toward a serving

	1 Serving Size	How to Measure
Fruits	¼ cup dried fruit	half of a handful
	½ cup	small handful
	1 medium piece of fruit	about the size of a tennis ball
Vegetables	½ cup cooked	about the size of your fist
	1 cup green leafy vegetables	size of a baseball

- Eat a rainbow of colors when eating fruits and vegetables:
 - red (*tomatoes, spaghetti sauce, apples*)
 - orange/yellow (*carrots, oranges, peaches*)
 - green (*green beans, kiwi, green apples and spinach*)
 - blue/purple (*raisins, blueberries, plums*)
 - white (*cauliflower, bananas, mushrooms*)



Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will eat at least one fruit and one vegetable a day.
- I will taste one new fruit and one new vegetable. (one week goal)
- I will add a vegetable or fruit to what I am eating once a day (2 times a week).
For example, add tomatoes to a sandwich or bananas to cereal.

Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

