

# Fruits and Vegetables for Better Health

Fruits and vegetables offer us many nutrients and antioxidants that help to keep us healthy and prevent us from getting sick. They're also low calorie, and full of fiber, which helps us to stay full, longer.

## How Much Should We Get in a Day?

According to the USDA, we should fill  $\frac{1}{2}$  our plate with fruits and vegetables. Buying fruits and vegetables doesn't have to be expensive, and adding them into our diet doesn't have to be hard.

## How Can You Add Them Into Your Diet?

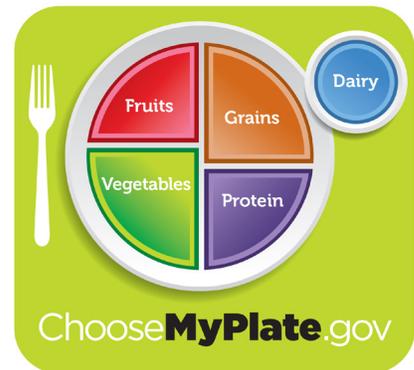
- Snack on raw fruit and veggies with 2 Tbsp of peanut butter, low fat ranch dip, or homemade ranch dip: 1 packet of dry ranch dressing to 2 cups non-fat plain yogurt.
- Include veggies in stews, soups, casseroles, or omelets. Cooked or raw veggies also make great side items. Try a salad or steamed broccoli.
- Include fruit in smoothies, low fat muffin mixes, in yogurt, on salads, or raw.
- When you dine out, ask for a side salad, yogurt, fruit, or other vegetable as your side rather than the baked potato or French fries.

## How Much Do We Need?

- Children require about 1-1  $\frac{1}{2}$  cups of fruit, and 1  $\frac{1}{2}$  to 2 cups of vegetables per day.
- Adults need about 2 cups of fruit, and 3 cups of vegetables per day.
- Limit 100% juices, potatoes, peas, and corn to  $\frac{1}{2}$  cup per day.
- 1 serving of fruit is  $\frac{1}{4}$  cup of dried fruit,  $\frac{1}{2}$  cup of canned or frozen, or 1 medium piece of fruit.
- 1 serving of vegetables is  $\frac{1}{2}$  cup of cooked or 1 cup of green leafy vegetables.

## For More Information

- [www.kidshealth.org/parent](http://www.kidshealth.org/parent)
- [www.americanheart.gov](http://www.americanheart.gov)
- [www.dole5aday.com](http://www.dole5aday.com)
- [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- [www.teamnutrition.usda.gov/library](http://www.teamnutrition.usda.gov/library)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)



## Quick Tips

### Buying Produce

- Buy fruits and vegetables that are in season.
- Use coupons and web-sites for special offers.
- Buy produce in bulk
- Plant your own
- Make a list and stick to it.
- Try canned and frozen items. Make sure your canned fruit is packed in own juice or no sugar added version.

*Information provided in this sheet was adapted from [www.dole5aday.com](http://www.dole5aday.com), [www.choosemyplate.gov](http://www.choosemyplate.gov), [www.eatright.org](http://www.eatright.org), [www.cdc.gov](http://www.cdc.gov), [www.hhs.gov](http://www.hhs.gov), and [www.usda.gov](http://www.usda.gov).*



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**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.



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

**Contact Us**

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[NationwideChildrens.org/Healthy-Weight](http://NationwideChildrens.org/Healthy-Weight)



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