

Fruits and Vegetables: What's Not to Love?

Eat a mix of 5 to 9 servings of fruits and vegetables every day.

How close are you to this goal? Take this quiz to see how healthy your diet is.

Do you eat at least 5 a day?

Eat a mix of 5 to 9 servings of fruits and vegetables a day. This can help reduce your risk of cancer and other diseases.

Think about your diet yesterday. How many fruits or vegetables did you eat:

At breakfast? _____

At lunch? _____

At dinner? _____

For dessert? _____

For a snack? _____

TOTAL _____

If your total is 5 or more, good for you! If you had fewer than 5 fruits and vegetables, try some new meal ideas.

Be creative! Here are fun ways to get at least 5 servings of fruits and vegetables every day.

Breakfast

- Top your cereal or pancakes with sliced bananas, berries or raisins.
- Prepare a fruit salad with your favorite pieces of fruit. Try melon, peaches or berries.
- Grab an apple, orange, banana or pear to eat on the way to work.

Lunch

- Try a salad or soup that has vegetables.
- Order green peppers, tomatoes, mushrooms or broccoli on your pizza or sandwich.
- Mix vegetables together. For example, combine lima beans, corn and tomatoes to make succotash.

Dinner

- Try a new vegetable, such as zucchini, cauliflower, squash or lima beans.
- Add a vegetable or fruit to your green salad. Tomato, carrots, cucumber and avocado are tasty adds. So are berries, peaches and tangerines.

Snack

- Keep a bowl of fresh fruit handy.
- Snack on dried fruit, such as raisins, apricots or prunes.
- Add fresh fruit – bananas, peaches or berries – to plain or vanilla yogurt.
- Keep cut, raw vegetables (celery, carrots and cucumber) in water in the refrigerator.



The good news: fruits and vegetables help you stay healthy!

Fruits and vegetables taste great, are easy to prepare, and are packed full of vitamins and minerals. For more facts on ways to enjoy healthy foods, talk to your doctor. Or, call the Centers for Disease Control and Prevention (CDC) at **1-800-CDC-INFO (1-800-232-4636)**, **Option 1** or go to the website www.fruitsandveggiesmatter.gov.

What is a serving?

- One serving of fruit equals a medium apple, banana or orange.
- One serving of fruit also equals 1/2 cup of grapes, berries or cut-up fruit.
- One serving of vegetables equals 1 cup of raw, leafy vegetables or 1/2 cup of other cooked or chopped vegetables.



Customer Care Center: 1-866-781-5094

**TTY line for members
with hearing and
speech loss:**

1-866-773-9634



Sources: Centers for Disease Control and Prevention; U.S. Department of Agriculture (USDA) at www.cnpp.usda.gov/Publications/MyPyramid/OriginalFoodGuidePyramids/FGP/FGPPamphlet.pdf

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0807 SC0009380WEB 5/08