

Eating Lots of Fruits and Vegetables

Eating a variety of fruits and vegetables every day can help reduce your risk of cancer and other diseases.¹

Do you eat different fruits and vegetables each day?

Think about what you ate the day before. Did you eat fruits and vegetables (veggies):

At breakfast? _____

At lunch? _____

At dinner? _____

For dessert? _____

For a snack? _____

If you ate a variety, good for you. Try the new meal ideas you can find on www.fruitsandveggiesmatter.gov/.

Be creative! Here are fun ways to eat lots of fruits and vegetables every day.²

Breakfast

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

Lunch

- Try a salad or soup that has veggies.
- Have a mix of veggies. Ask for green peppers, tomatoes, mushrooms or broccoli on your pizza or in your sandwich.
- Try something different. Combine lima beans, corn and tomatoes to make succotash.

Dinner

- Try other veggies, such as zucchini, cauliflower, squash or lima beans.
- Add a veggie 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 lowfat yogurt.
- Keep cut, raw veggies (celery, carrots and cucumber) in water in the refrigerator.



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 with your doctor. Or, call the Centers for Disease Control and Prevention (CDC). Follow the prompts, or go to 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.

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Sources: ¹Centers for Disease Control and Prevention, *Fruit and Vegetable Benefits* (Accessed August 2009): <http://www.fruitsandveggiesmatter.gov/benefits/index.html>

²U.S. Department of Agriculture, *Inside the Pyramid* (Accessed August 2009): http://www.mypyramid.gov/pyramid/vegetables_tips.html

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