

EAT MORE FRUITS AND VEGETABLES

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Specific Health Benefits of Eating Fruits and Vegetables

- Low in calories which can help maintain a healthy weight.
- May reduce the risk for heart disease, including heart attack and stroke.
- May protect against certain types of cancers.

- Eating fruits and vegetables provide a variety of health benefits.
- People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases.
- Any fruit or vegetable or 100% fruit or vegetable juice counts as part of these food groups.
- They may be fresh, frozen, canned or dried, and may be whole, cut-up, or pureed.
- The amount of fruits and vegetables a person needs to eat each day depends on factors such as age, gender, physical activity, and health status.



Key Nutrients

<u>Nutrient</u>	<u>Benefit</u>
• Potassium	Healthy blood pressure
• Dietary fiber	Bowel function and reduce heart disease
• Vitamin C	Immunity
• Vitamin A	Skin and eyesight
• Folate (folic acid)	Red blood cells



What counts as a cup of vegetables?

1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup.

Examples:

1 cup chopped broccoli florets

1 cup tomato juice

2 cups raw leafy greens



What Counts as a cup of Fruit?

1 cup of fruit or 100% fruit juice, or 1/2 cup dried fruit can be considered 1 cup.

Examples:

1 cup applesauce

32 seedless grapes

1/2 cup raisins



Ways to Enjoy More Fruits and Vegetables

- Add broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini to a pizza.
- Try crunchy veggies instead of chips
- Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
- Eat fruit as a dessert.
- Add grated, shredded or chopped vegetables to pasta sauce or rice dishes.
- Place colorful fruit where everyone can easily grab for something to snack on.
- Make your main dish a salad of dark, leafy greens and other colorful vegetables.
- Make a veggie wrap with roasted vegetables and low-fat cream cheese rolled in a whole-wheat tortilla.
- Add color to salads with fruit.

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