

choose smart  
choose healthy



**EAT A VARIETY OF  
FRUITS AND VEGETABLES  
EVERY DAY.**

# choose to treat yourself right

It's your life. You're in control. When you choose to eat right and stay physically active, you choose a healthy lifestyle.

Including fruits and vegetables with every meal is a smart place to start, because they're great for your body.

Most fruits and vegetables are fiber-rich, nutrient-dense foods — meaning they're packed with valuable nutrients and are low in calories and fat. Compared to people who eat few fruits and vegetables, those who eat more generous amounts — as part of a healthful diet — are likely to have reduced risk of chronic diseases including stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

Read on to find out how eating fruits and vegetables is a smart thing you can do for your health.



# how many cups do you need?

Go to the charts below and choose your age range.

Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life:

Less Active: You average less than 30 minutes a day.

Moderately Active: You average 30 to 60 minutes a day.

Active: You average more than 60 minutes a day.

Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

AGE: 19 – 30	Fruits	Vegetables
Less Active	2 cups	2½ cups
Moderately Active	2 cups	2½ cups
Active	2 cups	3 cups

AGE: 31 – 50	Fruits	Vegetables
Less Active	1½ cups	2½ cups
Moderately Active	2 cups	2½ cups
Active	2 cups	3 cups

AGE: 51+	Fruits	Vegetables
Less Active	1½ cups	2 cups
Moderately Active	1½ cups	2½ cups
Active	2 cups	2½ cups

Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) to find the amount that's right for other members of your family. You will also find more examples of what counts as 1 cup and ½ cup.

Simple ways to enjoy fruits and vegetables throughout your day:

MORNING	1 cup  1 small apple	½ cup  1 small banana
MID-DAY	1 cup  1 cup of lettuce* and ½ cup of other vegetables	½ cup  6 baby carrots
EVENING	1 cup  ½ large sweet potato and ½ cup of green beans	½ cup  ½ cup of fresh mixed fruit

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt and added sugars.

\* 1 cup of lettuce counts as ½ cup of vegetables.



To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions. For more variety, try new fruits and vegetables regularly.

So, if you're the apple-a-day type, throw some berries in the mix. Or a peach. Or a kiwi. You get the idea.

## you'll look great in reds

AND GREENS

YELLOWS

BLUES

PURPLES

WHITES

ORANGES...



## BEAUTY. INSIDE AND OUT.

Fruits and veggies come in terrific colors and flavors, but their real beauty lies in what's inside.

Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

### FIBER

Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

**Excellent fruit and vegetable sources:** navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes

### FOLATE\*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

**Excellent fruit and vegetable sources:** black eyed peas, cooked spinach, great northern beans, asparagus

### POTASSIUM

Diets rich in potassium may help to maintain a healthy blood pressure.

**Good fruit and vegetable sources:** sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

### VITAMIN A

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

**Excellent fruit and vegetable sources:** sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

### VITAMIN C

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

**Excellent fruit and vegetable sources:** red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

\* According to the Institute of Medicine, a daily intake of 400 µg/day of synthetic folic acid (from fortified foods or supplements in addition to food forms of folate from a varied diet) is recommended for women of childbearing age who may become pregnant.

# EASY WAYS TO EAT MORE FRUITS AND VEGETABLES AS PART OF A HEALTHY DIET.



- Add fruit to your cereal, low-fat or fat-free yogurt, or oatmeal.
- Snack on fruit during the day. Grab an apple, banana, or some grapes on your way out the door.
- Eat a colorful salad at lunch. Try mixed greens with tomatoes, carrots, broccoli, and bell peppers.



- Make fruits and vegetables about half your plate.
- Snack on raw veggies with a healthy low-fat or fat-free dip.
- Enjoy your favorite beans and peas. Add them to salads and low-fat dips.
- Eat at least two vegetables with dinner.
- Have fruit for dessert.

