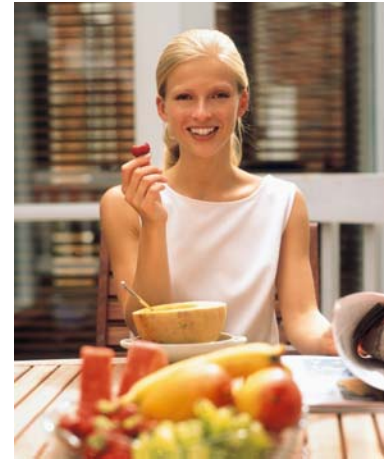




Top 3 Reasons to Eat More Fruits & Vegetables



- #1: Fruits and Vegetables are a great source of vitamins, minerals, and fiber.
- #2: They are low in fat and cholesterol free!
- #3: May reduce your risk for some cancers and heart disease.

How many servings should I eat a day?

- ❑ Try to include at least five servings per day of fruits & vegetables.

What is a Serving Size?

(Most vegetables are 1 cup raw or ½ cup cooked)

- | | |
|--------------------------|--------------------------------|
| -1 small apple | -1 cup fresh spinach |
| -1/2 steamed carrots | -1 ¼ cup strawberries |
| -1 cup cubed cantaloupe | -2 Tbsp raisins or cranberries |
| -17 grapes | -1 cup fresh broccoli |
| -1/2 cup canned pears | -3/4 cup blueberries |
| -1/2 cup cooked zucchini | -1 small orange |

Key Points:

- ❑ Frozen fruits and vegetables are better than canned. Avoid the products with added sugar or sauces.
- ❑ Choose a variety of fruits and vegetables to be able to receive all of the vitamins and minerals.
- ❑ Buy fruits and vegetables that are in season to avoid spending too much money.

Tips for Adding Fruits & Vegetables:

- ❑ Try adding fresh mushrooms or spinach to pizza.
- ❑ Add fresh or frozen fruit to a smoothie for breakfast.
- ❑ Grilled zucchini goes great with fajitas or spaghetti.
- ❑ Warm peaches or apples are a great topping for whole-wheat waffles.



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Healthy living through nutrition & fitness

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