



# fruits & vegetables more matters

## Why eat more?

- **Keeps you healthy.**

Fruits and vegetables are high in fiber, vitamins and minerals that may reduce your risk for chronic disease.



- **Look better.**

Filling up on high fiber, low calorie fruits and vegetables is a great way to help manage your weight.



- **Feel better.**

A colorful variety of fruits and vegetables will give your body valuable nutrients to help you feel your best.



### Tip

Every step taken toward eating more fruits and veggies helps you be your best!



# All forms count.

All forms of fruits and vegetables count. Choose fresh, frozen, dried, canned and 100% juice

## Fresh Choices



banana



apple



baby carrots



grapefruit



strawberries



ear of corn



sweet potato



green beans



broccoli florets



spinach leaves

## 100% Juice Choices



orange juice



vegetable juice

## Canned Choices



applesauce



Canned corn



Baked beans

## Dried Choices



raisins



Dried cranberries



Dried apricots

## Frozen Choices



spinach









blueberries



Mixed vegetables

# It's easy to enjoy more fruits and vegetables throughout your day.

<b>Morning</b>	1 cup  1 small apple	1/2 cup  1 small banana
<b>Mid-Day</b>	1 cup  1 cup of lettuce & 1/2 cup of other vegetables	1/2 cup  6 baby carrots
<b>Evening</b>	1 cup  1/2 large sweet potato & 1/2 cup of green beans	1/2 cup  1/2 cup of fresh or mixed fruit

## Tips To Eat More Fruits and Vegetables

### In the Morning:

- Mix in cooked vegetables like spinach, or broccoli into scrambled eggs.
- Enjoy a cup of vegetable juice.
- Top cereal with bananas or peaches
- Add blueberries to pancakes

### For Lunch & Snacks:

- Microwave a sweet potato.
- Choose grab-n-go foods like baby carrots, cherry tomatoes, grapes, apples, banana and dried fruit.
- Order vegetable soup or a salad
- Add lettuce, tomatoes, shredded carrots or cucumber slices to your sandwiches.

### For Dinner:

- Shred carrots or zucchini into meatloaf, spaghetti sauce and casseroles.
- Add grated carrots, baby peas and sliced green onions to rice or noodles.
- Throw some veggies on the grill.
- Eat fruit for dessert.



# Know the amounts you need each day based on MyPyramid.



## Women

AGE	FRUITS	VEGETABLES
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups

## Men

AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2½ cups

## Girls

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups

## Boys

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups