

Eat More Fruits and Vegetables!



Fruits and vegetables provide vitamins, minerals and fiber and are important for good health. They are filling, naturally low in fat and calories and taste great! It's easy to see that fruits and vegetables are a smart choice.

Vegetables

There are so many different kinds of vegetables that taste great and are good for your health. Choices include broccoli, carrots, tomatoes, spinach, collard greens and squash. Vegetables can be eaten raw, grilled, sautéed, steamed or roasted. Canned or frozen vegetables are good choices when fresh vegetables aren't available. Be careful to choose those without added sugar, salt, or cream sauces.

Fruits

Fruits come in all shapes and colors; they make a great addition to any meal! Melons, grapes, oranges, apples and peaches are just a few sweet, delicious choices. Fruit tastes great raw, grilled or mixed with yogurt and salads. Remember, canned or frozen fruit is a good choice when fresh fruit isn't available. Choose those without added sugar or syrup.

How many fruits and vegetables should you be eating?

Age	Fruits each Day	Vegetables each Day
Under 8 years old	1 to 1.5 cups	1 to 1.5 cups
9 - 13 years old	1.5 cups	2 to 2.5 cups
14 - 18 years old	1.5 to 2 cups	2.5 to 3 cups

This is a summary. For more exact guidelines, please visit www.mypyramid.gov

One cup of fruit or vegetables is about the size of a tennis ball or baseball, with one exception. For leafy green vegetables like lettuce, count one cup as the size of two tennis balls.

Eating more fruits and vegetables is a healthy choice for you and your family. Making a change to your habits doesn't have to be drastic. Start with a small goal and build on it to make it last!

How Can We Eat More Fruits and Vegetables?



Eating more fruits and vegetables can help improve your family's health, but it can be hard to change your eating habits! Here are some tips to help get you started.

- Each family member should track how many fruits/vegetables he or she eats each day.
- Set a goal for yourself. Make sure it's reasonable and achievable. For example, if you don't eat any vegetables, set a goal to eat at least one serving of vegetables every day.
- Get the whole family involved in some friendly competition. Supporting each other's efforts will make it easier for everyone to do well.
- Use the diary in this packet to record your goal and track your progress. Make copies of the diary before you start so you'll have one for every week.

Making it easier to eat more fruits and vegetables

These ideas will help you stay focused and achieve your goals. The easier it is for you to make good choices, the easier it will be to eat more fruits and vegetables!

- Get started by making a family favorites list. What are your favorite fruits and vegetables and which new ones do you want to try?
- Keep fruits and vegetables handy. Store them washed, ready to eat and at eye level. Grapes, oranges, bananas and apples make a colorful bowl arrangement on the table.
- Cut up fruits like oranges, melons and pineapple when you bring them home, and store them in the refrigerator.
- Include a vegetable snack and a piece of fruit in school and work lunches.
- Get the whole family involved in choosing and preparing fruits and vegetables for meals and snacks.
- Add frozen or fresh vegetables to soup, stews, pasta and rice.

Track your progress and reward your family for a job well done!

To start eating more fruits and vegetables, set your goal and go for it! Write your goal on the contract and use the diary to track your progress. Don't get discouraged if you don't meet your goal every day. Each day is a fresh start! Remember to reward yourself and your family for your efforts. Take a walk, play a game, read a book together. Celebrate your efforts and your success!