




Remember

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.



Source: www.fruitsandveggiesmorematters.com
Pamphlet— “How Many Fruits and Vegetables Do You Need”, Department of Health and Human Services, Centers for Disease Control

Pennsylvania Department of Aging

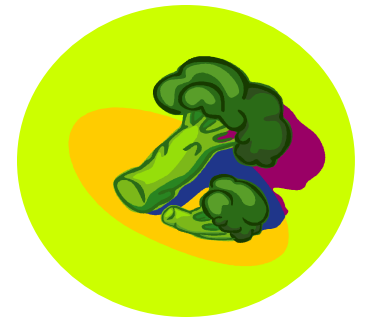


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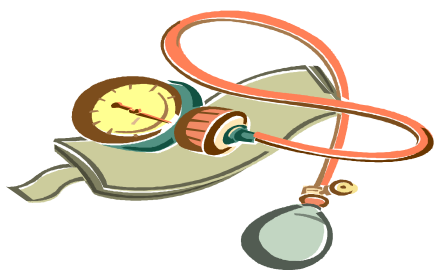


Eat More Fruits and Veggies



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Eating a generous amount of fruits and vegetables as part of a healthy diet may reduce your risk of chronic diseases like Type 2 Diabetes, some types of cancer, and perhaps heart disease and high blood pressure.



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

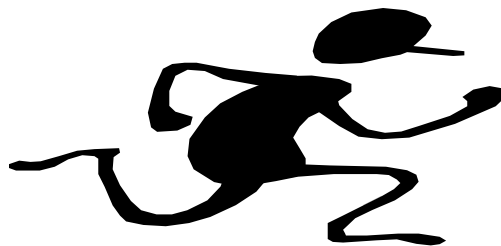
Check the Charts to find out how many cups of fruits and vegetables you need each day.

Women—Age 51 +

Less Active	1.5 cups fruit	2 cups vegetables
Moderately Active	1.5 cups fruit	2.5 cups vegetables
Active	2 cups fruit	2.5 cups vegetables

Men—Age 51 +

Less Active	2 cups fruit	2 cups vegetables
Moderately Active	2 cups fruit	3 cups vegetables
Active	2 cups fruit	3 cups vegetables



Tips on How to Eat More Fruits and Veggies

- ✓ Add frozen vegetables to a casserole or pasta. Try broccoli, peas and corn.
- ✓ Add vegetables, such as diced tomatoes, onions and peppers, to your egg or egg white omelet.
- ✓ Ask for more vegetable toppings (like broccoli and spinach) and less cheese on your pizza.
- ✓ Serve “fruit kabobs” made of grapes and sliced bananas for dessert.
- ✓ Have some fruit as a snack—anytime
- ✓ Stir low-fat or fat-free granola into a bowl of low-fat or fat free yogurt. Top with sliced apples or frozen berries.
- ✓ Eat an extra side dish of cooked veggies with your dinner.
- ✓ Add fruit to your morning cereal—try bananas, blueberries or raisins.

