

More fruits and veggies!

Nothing compares to the taste of a fresh peach or a steaming baked potato. But fruits and vegetables don't just taste good—they're good for you, too! Making them part of your diet can be as easy as adding fruit to a bowl of cereal, or grated carrots and zucchini to pasta sauce.

Adding fruits and veggies to a healthy diet may:

- Improve your nutrition and lower the amount of calories you take in
- Reduce your risk for heart disease, including heart attack and stroke
- Protect against obesity, type 2 diabetes and certain types of cancers
- Lower blood pressure, reduce the risk of developing kidney stones and help to decrease bone loss

How much fruit and veggies are needed daily?

At mealtime, try to make half your plate fruits or veggies. That equals about 1 ½ to 2 cups of fruit and 2 to 3 cups of veggies every day.

[To learn more, visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)



Try to make half your plate fruits or veggies!

What counts as a cup of fruit?



1 small apple
(2.5 inches around)



1 cup of grapes
(about 32 grapes)

Nutritional value of fruits and veggies

Eating different kinds of fruits and veggies will provide you with many key nutrients. Here are some good sources of vitamin A, potassium, folate, vitamin C and fiber:



VITAMIN A: Keeps eyes and skin healthy and helps to protect against infections.

Sources: Carrots, apricots, squash, dark green and yellow vegetables



POTASSIUM: May help lower blood pressure, reduce the risk of developing kidney stones and help to decrease bone loss.

Sources: Bananas, prunes, cantaloupe, honeydew melon, sweet potatoes, white potatoes, beet greens, soybeans, lima beans, spinach, lentils, white beans and kidney beans



FOLATE: Helps the body form red blood cells.

Sources: Oranges, dried beans, peas, lentils, asparagus, beets, broccoli, Brussels sprouts and spinach



VITAMIN C: Important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.

Sources: Oranges, grapefruit, strawberries, cantaloupe, tomatoes, red and green pepper, kiwi, broccoli, baked potatoes



FIBER: May help to reduce blood cholesterol levels and lower risk of heart disease; important for proper bowel function.

Sources: Most fruits and vegetables, beans and peas

Sources: Why is it important to eat fruit? Retrieved August 25, 2015, from: <http://www.choosemyplate.gov/fruits-nutrients-health>
Why is it important to eat vegetables? Retrieved August 25, 2015, from: <http://www.choosemyplate.gov/vegetables-nutrients-health>
What counts as a cup of fruit? Retrieved August 25, 2015, from: <http://www.choosemyplate.gov/fruit>



This information is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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