

Healthy Eating Q&A



- **Q: I just can't seem to eat the recommended amount of F&V in a day. Any suggestions?**
- **A:** Five to seven servings of fruits and vegetables per day can seem like a lot. Remember to start small...and work your way up. So, if you are eating 2 servings per day now, don't try to get to five overnight. Evaluate your overall diet; see where you can add some fruits and vegetables gradually. Set a smart goal. For example, "I will add a piece of fruit as a snack three times a week to replace the bag of pretzels I eat." If you eat sandwiches, put on an extra slice of tomato and/or an extra piece of lettuce. If you eat eggs, mix in some onion, spinach or tomato. Add some fruit to your oatmeal, cereal or yogurt. Every little bit counts.

- **Q: How do I know if a grain product, like bread or pasta, is whole grain?**
- **A:** This is a great question because there can be some confusion...some product say "made with whole grains" other products may tell you the amount of whole grains per serving that the product contains. The key is to read the ingredients portion of the food label. The first ingredient should say something along the lines of "whole wheat flour", "whole grain flour" or list an actual whole grain like "brown rice", "oats", "barley" or "bulgur wheat". Multi grain, for example, does not always mean whole grain.