

Controlling your risk: Vegetables and Fruits

Eating lots of vegetables and fruits may

- 🍎 keep your blood pressure lower
- 🍎 help control your weight
- 🍎 help prevent type 2 diabetes
- 🍎 decrease risk of cancer, heart disease and strokes

A serving is...

- 🍎 1 cup green leafy vegetables
- 🍎 ¾ cup of 100% fruit or vegetable juice
- 🍎 ½ cup cooked or raw vegetables
- 🍎 ½ cup chopped, cooked or canned fruit
- 🍎 ¼ cup dried fruit 🍎 ¼ cantaloupe
- 🍎 1 medium fruit 🍎 12 grapes 🍎 ½ grapefruit

Eating them is easy and takes little or no preparation!

- 🍎 Breakfast: juice and/or piece of fruit
- 🍎 Snacks: ½ banana, carrot, cucumber, tomato
- 🍎 Lunch: carrot sticks, dark leafy greens and tomato on a sandwich or as a salad
- 🍎 Dinner: vegetable and salad



Vegetables and fruits are:

- 🍎 low in fat
- 🍎 lower in calories than most foods
- 🍎 high in fiber
- 🍎 high in vitamins and minerals

100% vegetable or fruit juice has all of the vitamins but lacks fiber. Fiber in vegetables and fruits is very important for health. Limit juice and drink more water when you are thirsty.



- 🍎 Choose a variety of vegetables and fruits.
- 🍎 Eat the skins for more fiber.
- 🍎 Vitamins or other supplements can't take the place of whole foods.



Eating more vegetables and fruits is a way to better health!