

FIVE A DAY — AND FEELING FINE

People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of chronic conditions. Fruit and vegetables provide nutrients vital for health and maintenance of your body.

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.
- Eating fruits and vegetables may reduce risk for type 2 diabetes.
- Eating fruits and vegetables may protect against certain types of cancer such as mouth, stomach and colon-rectum cancer.
- Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.
- Eating fruits and vegetables rich in potassium may reduce the risk of developing kidney stones, may help to maintain healthy blood pressure and may help to decrease bone loss.
- Eating foods such as fruits and vegetables that are low in calories per cup instead of some other higher-calorie food may be useful in achieving weight



VEGETABLES

It is recommended that adults consume 2-3 cups of vegetables each day. Any vegetable or 100% vegetable juice counts as a member of the vegetable food group. Vegetables may be raw or cooked, fresh, frozen, canned, dry or dehydrated. They may be whole, cut up or mashed.

- Select vegetables with more potassium such as sweet potatoes, white beans, tomato products, beets, soy beans, lima beans, winter squash, spinach, lentils, kidney beans and peas.
- Sauces and seasonings can add calories and sodium to vegetables. Try plain and lightly seasoned vegetables instead. Buy canned vegetables labeled “no salt added”.

FRUITS

Adults should ideally eat 1½ - 2 cups of fruit each day. Any fruit or 100% fruit juice counts as part of the fruit group. Fruits can be fresh, canned, frozen, whole, cut up or pureed.

- Select fruits with more potassium such as bananas, prunes, peaches, apricots, cantaloupe, honeydew melon and orange juice

ONLINE RESOURCES:

www.mypyramid.gov
www.cdc.gov
www.5aday.com