

# Eat More Fruits and Vegetables

## 1. Why should I eat fruits and vegetables?

Fruits and vegetables may help cut the risk of cancer and other chronic diseases. They are a good source of vitamins, minerals and fiber. They are also low in fat and calories.

## 2. How many of fruits and vegetables do I need to eat each day?

The amount you should eat each day depends on your age, gender and how much you exercise. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to find the right amounts for you.

## 3. How can I add more fruits and vegetables to my meals?

- Add bananas, berries, or apples to your breakfast cereal.
- Scramble your eggs with broccoli, tomatoes, and mushrooms, or add them to your omelet.
- Include lettuce, tomatoes, and cucumbers in your sandwich, wrap, or burrito.
- Add zucchini, carrots, beans, and red peppers to soups and stews.

## 4. What foods are in the vegetables group?

- **Dark green vegetables:** Bok choy, broccoli, collard greens, dark green leafy lettuce, kale, spinach
- **Beans and peas:** Black-eyed peas, black beans, garbanzo beans, lentils, soybeans, split peas
- **Starchy vegetables:** Corn, lima beans, potatoes, plantains, taro, water chestnuts
- **Red and orange vegetables:** Butternut squash, carrots, pumpkin, tomatoes
- **Other vegetables:** Asparagus, avocado, beets, cabbage, cauliflower, celery, eggplant

## 5. What foods are in the fruit group?

- **Most common:** Apples, bananas, grapes, peaches, oranges
- **Melons:** Cantaloupe, honeydew, watermelon
- **Berries:** Blueberries, raspberries, strawberries
- **100% juice:** Orange, apple, grape, pineapple

## 6. Are canned fruits and vegetables healthy?

Canned produce can be part of a healthy diet. Choose “low-sodium” or “reduced sodium” vegetables. Buy canned fruit packed in their own juice or light syrup.



## More Tips

- Make half your plate fruits and vegetables.
- Eat different fruits and vegetables every day.
- Wash fruits and vegetables before you eat them.
- Keep fruits and vegetables separate from raw meats, poultry, and seafood. Use separate utensils for raw and cooked foods.
- Buy fruits and vegetables when they're in season.

## More Information

U.S. Department of Agriculture  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

Centers for Disease Control and Prevention  
[www.cdc.gov/nutrition/everyone/fruitsvegetables/](http://www.cdc.gov/nutrition/everyone/fruitsvegetables/)

Los Angeles County Nutrition and Physical Activity Program  
[www.publichealth.lacounty.gov/nutrition](http://www.publichealth.lacounty.gov/nutrition) or call (213) 351-7889

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