

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 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 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 vegetable 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 are in season.

More Information

United States Department of Agriculture

www.choosemyplate.gov

Centers for Disease Control and Prevention

www.cdc.gov/nutrition/everyone/fruitsvegetables/

Los Angeles County Nutrition and Physical Activity Program

www.publichealth.lacounty.gov/nutrition or call (213) 351-7889

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