The Power Of Fruits And Vegetables

Only 1 in 5 Americans eats the recommended 5 servings of fruits and vegetables each day. But, what would you think if someone told you that consuming the daily-recommended number of fruits and vegetables could dramatically reduce your risk for serious diseases like heart disease or cancer? Would you doubt it? If so, you might want to check out the information in this brochure. You may just be surprised by the amazing preventive power of fruits and vegetables.

Fruits and vegetables provide important nutrients for improving health and preventing disease. Are you getting your Five A Day?

For More Information
US Food and Drug Administration
www.fda.gov
US Department of Agriculture
www.usda.gov
American Dietetic Association
www.eatright.org

The information contained in this brochure has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health-care provider.

The Power Of Fruits And Vegetables

Eight Great Benefits Of Fruits And Veggies

1. Fruits and vegetables are packed with essential nutrients, vitamins, and minerals that your body needs to stay healthy and strong.
2. Fruits and vegetables are a great source of fiber, which helps to keep your digestive system functioning properly.
3. Eating a variety of fruits and vegetables can help you meet your daily nutrient needs.
4. Fruits and vegetables are low in calories and fat, which can help you manage your weight.
5. Fruits and vegetables are a great way to add color and flavor to your meals.
6. Fruits and vegetables can help improve heart health by lowering cholesterol levels.
7. Eating a diet rich in fruits and vegetables can help reduce the risk of certain types of cancer.
8. Fruits and vegetables are a good source of antioxidants, which help protect your body from damage caused by free radicals.

For More Information
US Food and Drug Administration
www.fda.gov
US Department of Agriculture
www.usda.gov
American Dietetic Association
www.eatright.org

The information contained in this brochure has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health-care provider.

The Power Of Fruits And Vegetables

Eight Great Benefits Of Fruits And Veggies

1. Fruits and vegetables are packed with essential nutrients, vitamins, and minerals that your body needs to stay healthy and strong.
2. Fruits and vegetables are a great source of fiber, which helps to keep your digestive system functioning properly.
3. Eating a variety of fruits and vegetables can help you meet your daily nutrient needs.
4. Fruits and vegetables are low in calories and fat, which can help you manage your weight.
5. Fruits and vegetables are a great way to add color and flavor to your meals.
6. Fruits and vegetables can help improve heart health by lowering cholesterol levels.
7. Eating a diet rich in fruits and vegetables can help reduce the risk of certain types of cancer.
8. Fruits and vegetables are a good source of antioxidants, which help protect your body from damage caused by free radicals.

For More Information
US Food and Drug Administration
www.fda.gov
US Department of Agriculture
www.usda.gov
American Dietetic Association
www.eatright.org

The information contained in this brochure has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health-care provider.

The Power Of Fruits And Vegetables

Eight Great Benefits Of Fruits And Veggies

1. Fruits and vegetables are packed with essential nutrients, vitamins, and minerals that your body needs to stay healthy and strong.
2. Fruits and vegetables are a great source of fiber, which helps to keep your digestive system functioning properly.
3. Eating a variety of fruits and vegetables can help you meet your daily nutrient needs.
4. Fruits and vegetables are low in calories and fat, which can help you manage your weight.
5. Fruits and vegetables are a great way to add color and flavor to your meals.
6. Fruits and vegetables can help improve heart health by lowering cholesterol levels.
7. Eating a diet rich in fruits and vegetables can help reduce the risk of certain types of cancer.
8. Fruits and vegetables are a good source of antioxidants, which help protect your body from damage caused by free radicals.

For More Information
US Food and Drug Administration
www.fda.gov
US Department of Agriculture
www.usda.gov
American Dietetic Association
www.eatright.org

The information contained in this brochure has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health-care provider.
Getting Your Five In Three Easy Steps

B y now we know that eating five to nine servings of fruits and veggies every day isn’t easy. Our lives are extremely busy, and sometimes just finding enough time to eat is difficult—at least we need to find time to eat the recommended amount of fruits and vegetables.

But have no fear—there’s no reason to get down about our diets. Below you will find strategies that will help you eat great throughout the day, no matter where you are, what your budget is like, or how much time you have. Let’s take a look.

Step #1: Incorporate fruits & vegetables into every meal.

If you think about it, fruits and veggies are actually some of the fastest and simplest foods to eat and cook with. Below you will find some ideas on how to fit fruits and vegetables into your daily eating routine.

Breakfast
Slice a banana or some strawberries on top of your usual bowl of cereal. You may also want to drink some fruit juice. As long as it’s 100% juice, just six ounces counts as one serving toward your five a day.

Lunch
Pack some carrot sticks or broccoli for dipping instead of those greasy potato chips. Not only will you get one of those greasy potato chips. Not only will you get one of your five a day servings out of the way, but you’ll cut fat and calories at the same time.

Dinner
There’s nothing like a baked potato as part of a healthy dinner—as long as you don’t load it up with toppings that increase calories and fat. Also, cooking up a can of corn or green beans in the microwave is about as simple as it gets.

Step #2: Make your fruits and veggies work for you.

Depending on what you buy and when, fresh fruits and veggies can be expensive. But they don’t have to be. Check out these tips for saving big when it comes to getting your five a day.

Be a Bargain Hunter
When learning how to shop smart for fruits and vegetables, you’ll need to learn your prices. Once you have a good idea of what constitutes a good deal, you’ll be able to load up on your favorite items. Don’t forget, it helps tremendously if you can buy produce that’s in season and local. You won’t pay extra to have it shipped.

Freeze!
Once you learn to recognize a bargain when you see one, chances are you’ll have too much produce to eat before it spoils. The solution? Just freeze it. There’s nothing wrong with freezing fruit. It keeps very well and in some cases, can make fruit even easier to work with. Consider refrigerating bananas, the skins may darken, but they’ll last a few days longer.

Let It Grow
Looking for the ultimate money saving technique when it comes to getting your five a day? Grow a garden! Sure, there will be some expense wrapped up in seed, water, and fertilizer, but the cost will be quite low. Plus, there’s nothing quite like the feeling of eating homegrown food. Eat healthy and start a new hobby all at once!

Step #3: Get your 5 on the go.

There’s no doubt that Americans are working harder, and spending more time at work than at any other point in history. But this no excuse to eat poorly—in fact, quite the opposite is true. If we’re going to maintain our work pace, we have to make sure we’re getting the nutrition and energy we need. The fact is you can get your five a day no matter where you are.

Eating Away from Home
The key to getting your Five A Day—even when you’re away from the house—is substituting. Just because your favorite restaurant has certain menu items, doesn’t mean you have to stick to them. Try substituting fresh fruit for fries, or vegetables in place of potato chips.

Eating in the Car
Americans are spending more and more time in their cars—either commuting to and from work, or racing around running errands. To eat healthier when you’re out and about, try keeping some dried fruit in your glove compartment, or bring something easy like cauliflower or grapes to snack on in between stops.

At Work
Most foods people consume at work come straight from the vending machine. And these foods, rather than being loaded with healthy vitamins and minerals, are packed with extra calories and loads of fat. The following tips can help you eat healthier when you’re at the office.

➤ Bring fresh fruit for everyone at your next staff meeting, instead of bagels or donuts.
➤ Store dried fruits such as raisins in your desk. This way, there’s no reason to hit the vending machine.
➤ Collect recipes for salads or other healthy dishes that are quick and easy to prepare.

Awesome Orange-Banana Smoothie

The following recipe will give you a "good morning start" to getting your Five A Day.

INGREDIENTS
1 cup 1% low fat lactose-free milk* 1 pint orange sherbet 2 ripe bananas, peeled, sliced 1 cup orange juice 12-14 ice cubes 2 tablespoons honey 1 cup orange slices ½ cup orange juice

*May substitute regular milk.

INSTRUCTIONS
In a blender, combine milk, sherbet, banana, orange juice and honey. Add enough ice to measure 6 cups in the blender. Process until smooth, scraping sides as necessary. Garnish with an orange slice and fresh mint if desired. Yield: 5, 8 ounce servings.

NUTRITIONAL INFORMATION (per serving)
Calories: 207, % Calories from fat: 10, Total fat (g): 2, Saturated fat (g): 1, Cholesterol (mg): 7, Sodium (mg): 71, Carbohydrate (g): 45, Calcium (mg): 145

Source: National Dairy Council

The key to getting your Five A Day—when you’re away from the house—is substituting. Just because your favorite restaurant has certain menu items, doesn’t mean you have to stick to them. Try substituting fresh fruit for fries, or vegetables in place of potato chips.