

Fruits & Vegetables

People who eat sufficient amounts of a variety of fruits and vegetables have a reduced risk of heart attacks, cancer, and stroke.

Recommended daily intake (RDI) varies depending on your level of physical activity. Generally, two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level. In addition, choose a variety of fruits and vegetables each day. Select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

Why the Benefits

- ❖ Antioxidants help slow damage done to cells and tissue in our bodies.
- ❖ Fiber aids in digestion and reduces the risk of cancer and bowel disease, as well as helps control blood sugar and cholesterol.
- ❖ Flavenoids help reduce the risk of cancer.

Fruitful Pursuit

- ❖ Stir chunks of grapes, mandarin oranges, or apples into turkey or chicken salad.
- ❖ Keep a small package of dried fruits in the car for healthy snacking when traveling. Try dried apricots, peaches and pears. Also 100% fruit leathers are handy snacks.
- ❖ Top off green salads with kiwi, mandarin oranges, or nectarines.
- ❖ Blend fresh, frozen, or canned fruit with soymilk or soft tofu for a quick, cool fruit smoothie.
- ❖ Garnish main meals with a handful of berries or generous slices of kiwi, orange or pear.
- ❖ Freeze grapes and blueberries for a cool summer treat.
- ❖ Make fruit salsas with mango, papaya, peaches or pineapple to accompany meat, fish or chicken.
- ❖ Start every meal with a fruit-bowl appetizer.
- ❖ Add some dried fruit into your favorite muffin recipe or cereal.
- ❖ Begin your day with two fruit servings such as berries or sliced banana with cereal.



This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional. Dietary recommendations are based on MyPyramid. For additional resources, visit www.mypyramid.gov

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Vegetable Quest

- ❖ Chop or grate fresh vegetables into your favorite pasta sauce. Try carrots, zucchini, peppers, and fresh tomatoes.
- ❖ Add leftover or pureed vegetable such as cauliflower, broccoli, and carrots to soups and sauces.
- ❖ Substitute vegetable for meat (all or part) in lasagna and chili recipes.
- ❖ Serve two meatless meals a week, giving fruits and vegetables a starring role.
- ❖ Drink tomato juice or vegetable juice instead of soft drinks.
- ❖ Serve at least two vegetables for dinner every night.
- ❖ Experiment with a new vegetable or vegetable recipe.
- ❖ Keep prepared vegetable snacks on hand and ready to eat.
- ❖ When eating out, ask yourself how you will get a vegetable at the meal.
- ❖ Chop a variety of different vegetables, and toss them into your salad, pizza, or other entree.
- ❖ Use salsa as a dip for vegetables or on top of a potato.



Nutritional Stars

Berries: Vitamin C, potassium, fiber and antioxidants.

Citrus Fruits: Vitamin C, fiber, folate, and potassium.

Cruciferous Vegetables: (Broccoli, cauliflower, brussel sprouts, cabbage and kale): Vitamin C, beta-carotene, fiber, and cancer-fighting compounds

Deep Yellow/Orange Produce: Beta-carotene, fiber, and Vitamin C.

Dark Green Leafy Vegetables: Carotenoids and Vitamin C, with adequate folate, Vitamin K, fiber, iron, and calcium.

