



EAT MORE, WEIGH LESS?

Most of us need a total of five fruit and vegetable servings every day. Does eating that many servings of fruits and vegetables sound impossible to you? Can you eat that many and still keep your weight down? Keep reading and you'll find it isn't that hard after all. And the benefits are well worth it.

Here's why you need five a day

Fruits and vegetables are very important to good health. They contain nutrients such as vitamins, minerals, and fiber that may help protect you from many diseases. People who eat at least five fruit and vegetable servings a day are likely to have a lower risk of stroke, heart disease, and some cancers. And eating fruits and vegetables in place of higher calorie foods is a smart part of a good weight-loss program. They're filling and great hunger-fighters.

To get the most health benefits, increase the fruit and vegetable servings you eat to at least five a day. It's important not to choose supplements instead of fresh fruits and vegetables or juice made from 100-percent fruit or vegetables.

Tips for fitting them all in

1. Choose a colorful vegetable instead of a side dish of pasta or rice. (More color often means more health benefits.)
2. Order a veggie plate at a restaurant.
3. Have fruit as a mid-morning snack.
4. Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, or toast instead of syrup or butter.
5. Add veggies like bell peppers, broccoli, spinach, mushrooms, or tomatoes to your omelet.
6. Ask for extra vegetable toppings and less cheese on your pizza.
7. Add lots of vegetables such as lettuce, tomatoes, onions, and cucumbers to sandwiches.
8. Try to eat at least two vegetables with dinner.
9. Keep dried fruit at your desk for an easy snack.
10. Put clean, cut up vegetables where they're easy to see and reach in your refrigerator so you can grab them when you're hungry.
11. Buy fruits and vegetables in season at your local farmer's market.
12. Grow your own vegetables.
13. Make soup. It's a healthy and a tasty way to use vegetables.
14. Drink a smoothie made with whole fruit, yogurt, and ice cubes. (See smoothie recipe on the next page.)

HUMANA
Guidance when you need it most

What counts as a serving?

One serving of fruit or vegetables is one cup. One cup refers to a common measuring cup. One cup of raw or cooked vegetables or 100-percent vegetable juice, or two cups of raw leafy greens can be considered as one serving from the vegetable group. One cup of fruit or 100-percent fruit juice, or a half-cup of dried fruit can be considered one serving from the fruit group.

Here's a tasty way to fit more fruit into your day!

Strawberry Banana Yogurt Smoothie

Ingredients

½ cup unsweetened pineapple juice
1 small banana
1 cup frozen unsweetened strawberries
¾ cup plain, low-fat yogurt

Directions

Add ingredients to a blender.
Puree at medium speed until thick and smooth.

Source:

Center for Disease Control and Prevention

<http://www.fruitsandveggiesmatter.gov/>