



## Fruits and Vegetables—More Matters

Goal: Eat at least 5 to 9 servings of fruits and vegetables a day for better health.

**Fruits and vegetables supply many of the nutrients and energy we need to be active and stay healthy.** They provide lots of good stuff in typically few calories. Fruits and vegetables are important in building a strong heart and body and protect against cancer.

### What's a Serving?

- 1 cup of raw leafy vegetable
- 1 piece of medium sized fruit
- ½ cup of raw or cooked vegetables
- ¼ cup of dried fruit
- ¾ cup of 100% orange or grapefruit juice
- ½ cup cooked beans or peas (lentils)

### How do I get my 5-a-day?

- **Snacks** – Fruit are great quick snacks. Portable and easy. Pack small servings of veggie finger foods like carrots, celery, or red peppers.
- **Breakfast** – Make orange or grapefruit juice a part of your breakfast routine. Add fresh fruit to your cereal. On the run? Grab a banana, apple or other piece of fruit to eat on the go.
- **Have a Plan** – Fresh, frozen, or canned it's all good. If you grocery shop once a week use up your fresh fruits and veggies first and have the frozen and canned in reserve (or for an additional serving). You may want to watch the sodium content of the canned by buying low sodium or rinsing them before cooking.
- **Don't Fool Yourself** - French fries, potato chips or other fried potatoes don't count towards your 5-a-day goal.

### Go With the Prettiest Colors for Healthy Eating

To get the most from your diet, make it colorful! The pigments in food that produce the colors of the rainbow are also good for your health. They fight free-radical damage, protect against cancers, and work together in special ways to improve health. Think blues, purples, and reds as in blueberry's, cranberry's, beets, purple eggplant, raspberries and strawberries. They are packed full of nutrients that can protect against the effects of aging. Red pigment found in tomatoes, pink grapefruit and watermelon can protect your heart and memory. Green pigment chlorophyll, with its link to the sun's energy, recharges our cells. Yellows and oranges protect vision, and boost the immune system. Getting a little of each can go a long way to improving health and wellness.

### For more information:

fruitsandveggiesmorematters.org  
MyPyramid.gov  
dole5aday.com



## **Whole Grains—Rich in Nutrients and Fiber**

Goal: Eat at least 3 servings of whole grains a day.

**Whole grains are rich in nutrients and fiber that give us energy for activity and keep us healthy.** They contain the entire grain kernel—the bran, germ, and endosperm. Whole grain is different than refined grain where the bran and germ (and most of the nutrients) are milled out of the grain. Unfortunately, most of the grain products found in stores and restaurants are made with refined grains. Make an effort to find and eat whole grain products and improve your eating habits.

### ***Check the Nutrition Food Label***

Food packages can trick you into thinking you're getting whole grain when you're not. Products labeled multi-grain, cracked wheat, 100% wheat, seven-grain, or bran are usually not whole-grain products. Also, color is not an indicator of a whole grain. Bread can be brown because molasses is added. Check the nutrition label for fiber and the ingredient list for whole grains.

### ***Finding Whole Grains***

- Choose foods that name one of the following whole-grain ingredients on the label's ingredient list: whole wheat, brown rice, whole oats, oatmeal, whole rye, graham flour, bulgur, whole-grain corn, wild rice.
- Look at the amount of fiber. Fiber is a good indication of the amount of whole grain in the product.

### **What's a Serving?**

1 cup whole grain cereal  
½ cup cooked whole grain pasta  
½ cup cooked oatmeal  
1 slice of whole wheat bread  
½ cup cooked brown rice

### **Breakfast Strategy**

One way to eat more whole grains and improve your health is having a breakfast that includes whole grain, fiber-rich cereal. Look for 5 to 10 grams of fiber per serving and wholesome, less processed ingredients. Mix a cereal you like with one with more fiber. Eat it with skim or low-fat milk for a good balance of nutrients to provide you with energy for an active day. The milk provides calcium, vitamin E, protein and other beneficial nutrients.

### **For more information:**

MyPyramid.gov