

Eat a **Colorful** Variety Every Day

Source: www.5aday.gov

You probably already know that a healthy diet includes a variety of fruits and vegetables. Most are lower in calories and high in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

Compared to people who eat only a small amounts of fruits and vegetables, those who eat more generous amounts – as part of a healthy diet – are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

Know the amounts you need each day by your level of physical activity.

Less Active – You average less than 30 minutes a day.

Moderately Active – You average 30 to 60 minutes a day

Active – You average more than 60 minutes a day.

Choose your age range. Your physical activity level and age determines how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

Daily Active level	Women			Men		
	Age	Fruits	Vegetables	Age	Fruits	Vegetables
Less Active < 30 min.	31-50	1 ½ cups	2 ½ cups	19-50	2 cups	3 cups
	51 +	1 ½ cups	2 cups	51 +	2 cups	2 ½ cups
Moderately Active 30-60 min.	19-50	2 cups	2 ½ cups	19-30	2 cups	3 ½ cups
	51 +	1 ½ cups	2 ½ cups	31 +	2 cups	3 cups
Active > 60 min.	19-50	2 cups	3 cups	31-50	2 ½ cups	3 ½ cups
	51 +	2 cups	2 ½ cups	51 +	2 cups	3 cups

Make it Count

Include fruits and vegetables throughout your day in little ways – for snacks, topping, side dishes, or in your main meal. Whether they are frozen, fresh, canned, or dried, all fruits and vegetables (including beans) count toward your daily amount.

Fruits and vegetables don't come in cups so here are some examples of 1 cup and ½ cup portions.

1 Cup = 1 large ear of corn
= 1 large orange
= 1 large sweet potato

½ cup = 5 broccoli florets
= 16 grapes
= 4 large strawberries

For more examples, visit www.5aday.gov

Simple ways to enjoy fruits and vegetables throughout the day:

	1 cup	½ cup
MORNING	1 small apple	1 small banana with your bowl of cereal
MID-DAY	1 cup of lettuce* and ½ cup of other vegetables	6 baby carrots
EVENING	½ large sweet potato and ½ cup of green beans	½ cup of fresh mixed fruits

* 1 cup of lettuce counts as ½ cup of vegetables.

In additions to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs, and nuts, and is low in saturated fats, trans. fats, cholesterol, salt and added sugars.

Find your Balance

Becoming healthier is not just about eating healthy – it is also about physical activity. Regular physical activity is important for your overall health and fitness.

Adults should be physically active at a moderate intensity at least 30 minutes most days of the week.

To prevent weight gain, adults should be physically active at a moderate intensity approximately 60 minutes most days of the week while not exceeding caloric requirements.

Get the most nutrition out of your calories

Consider this: If you use up your total daily calories on a few high-calorie items, chances are you won't get the full range of vitamins and nutrients your body needs to be healthy.

To get all the nutrients you need without consuming too many calories, choose foods that are packed with nutrients, but lower in calories, from each of the food groups. These foods include fruits and vegetables, whole grains, lean meats, and fat-free or low-fat milk and milk products.

For more information, visit your local nutritionist or dietitian, or click on www.MyPyramid.gov