Fruits and Vegetables

FOOD GUIDE PYRAMID GUIDELINES
Why eat fruits and vegetables?

- Provide fiber, vitamins and minerals, and antioxidants
- Low in fat and calories
- No cholesterol
- May reduce risk for stroke, cardiovascular diseases, and type 2 diabetes
- May protect against certain cancers (mouth, stomach, and colorectal)
### How much do we need?

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women:</strong> 1 ½ - 2 cups</td>
<td><strong>Women:</strong> 2 - 2 ½ cups</td>
</tr>
<tr>
<td><strong>Men:</strong> 2 cups</td>
<td><strong>Men:</strong> 2 ½ - 3 cups</td>
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</tbody>
</table>

* 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit = 1 cup from the fruit group

* 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup from the vegetable food group

*The amount you need varies depending on age, sex, and level of physical activity.*
# What is a serving size?

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
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</thead>
<tbody>
<tr>
<td>1 medium fruit</td>
<td>½ c. vegetable juice</td>
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<tr>
<td>¼ c. dried fruit</td>
<td>1 c. raw, leafy greens</td>
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<tr>
<td>½ c. fruit juice</td>
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</tbody>
</table>

* Consume no more than 1/3 of the recommended intake as fruit juice
Does celery count?

- Yes, it is a vegetable
- 2 stalks equal 1 serving (about ½ cup) and provide 11 calories
- Knock yourself out...you can eat all you want!
Creative Ways to Get Fruits & Vegetables

- Carry a bag of baby carrots/celery or dried fruit
- Eat carrots with low-fat dip instead of chips
- Mix ½ cup vanilla pudding with ½ cup light whipped topping for a fruit dip
- Keep a bowl of whole fruit on the counter
- Homemade trail mix & smoothies
- Eat fruit as dessert
- Keep them cut up in the fridge
Six Ways to Sneak Fruits & Vegetables into Your Diet

- Avoid naked cereal
- Blend your fruit
- Do the mash
- Make vegetable spaghetti
- Skinny dip
- Be down right sneaky
Recipes

- Olive Garden Minestrone Soup
- Chunky Vegetable Spaghetti
- Lentil Pancakes
- Carrot Pineapple Bread
- Breakfast Egg Casserole
- Sloppy Joes
- Chocolate Zucchini Cupcakes
Reliable Web Sites

- www.mypyramid.gov
- www.fruitsandveggiesmatter.gov
- www.eatright.org/
- www.nutrition.gov/
- nutritionforkids.com/Feeding_Kids.htm
- lancaster.unl.edu/food/food-reflections.shtml
- www.extension.org/families_food_fitness
- www.mayoclinic.com/health/nutrition-and-healthy-eating/MY00431
Metabolic Syndrome

- Metabolic syndrome
  - A1C
  - Blood pressure
  - Waist circumference
  - Elevated triglycerides
  - Low HDL (good) cholesterol
- The more components you have, the greater the risk to your health

- Testing A1C & BP, November 15-19 from 8:00-5:00
  - Sharwan Smith Center (Monday in upper mall, Tues-Fri in Living Room)
  - Free ☺