

VEGETABLES & FRUITS



by the Harvard School of Public Health, Department of Nutrition

Choose more vegetables and fruits. Go for color and variety—dark green, yellow, orange, and red.

It's hard to argue with the health benefits of a diet rich in vegetables and fruits: lower blood pressure; reduced risk of heart disease, stroke, and probably some cancers; lower risk of eye and digestive problems; and a mellowing effect on blood sugar that can help keep appetite in check.

Most people should aim for at least nine servings (at least 4 cups) of vegetables and fruits a day, and potatoes don't count. Go for a variety of kinds and colors of produce, to give your body the mix of nutrients it needs. Best bets? Dark leafy greens, cooked tomatoes, and anything that's a rich yellow, orange, or red color.

To learn more about VEGETABLES & FRUIT and The Healthy Eating Pyramid, explore "The Nutrition Source" online at: www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-full-story/index.html

SEE REVERSE FOR 5 QUICK TIPS



5 QUICK TIPS

EATING MORE VEGETABLES & FRUITS



▶ **Keep fruit out where you can see it.**

That way you'll be more likely to eat it. Keep it out on your desk or in the front of the fridge.

▶ **Get some every meal, every day.**

Try filling half your plate with vegetables at each meal. Salads, stir fry, or other vegetable-rich fare makes it easier to reach this goal. Bonus points if you can get some fruits and vegetables at snack time, too.

▶ **Explore the produce options and choose something new.**

Variety is the key to a healthy diet. Get out of a rut and try some new fruits and vegetables.

▶ **Bag the potatoes.**

Choose other vegetables that are packed with more nutrients and more slowly digested carbs. Read the "Carbohydrates" section of The Nutrition Source to learn how to add good carbs to your diet.

▶ **Make it a meal.**

Try some new recipes where vegetables take center stage, such as Mollie Katzen's asparagus with warm tarragon-pecan vinaigrette, or Nina Simonds' spicy broccolini with red pepper.