

Let's be well



Sweet September: Eat more fruits and vegetables

Mom always said eat your vegetables...and she was right! Eating a wide variety of vegetables and fruits as part of an overall healthy diet may reduce your risk for heart disease and protect against certain types of cancers.

Did you know?

- Fruits and vegetables help you feel fuller with fewer calories!
- Most vegetables are naturally low in fat and calories and none have cholesterol. (Beware: Sauces or seasonings may add fat, calories and/or cholesterol.)
- Vitamin A (found in carrots, black-eyed peas and cantaloupe) keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C (found in oranges, broccoli and tomatoes) helps heal cuts and wounds, keeps teeth and gums healthy, and helps your body absorb iron.
- Folic acid is crucial to forming red blood cells which helps pregnant women during fetal development.

- Potassium (found in potatoes, spinach and bananas), can help maintain healthy blood pressure, keep you from developing kidney stones and avoid bone loss.
- Dietary fiber found in fruits and vegetables helps reduce blood cholesterol levels and may lower your risk of heart disease, obesity and Type 2 diabetes.

Recommended servings

The amount of fruit and vegetables you need to eat depends on your age, gender and level of physical activity. Most adults should eat at least two and half cups of fruit and three and half cups of vegetables daily.

September is fruit and veggies month!

For more information visit:
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