



# Fruits and Vegetables

for Your Health, Your Neighborhood,  
and Your Life



Do you want good health for you and your family?

Do you want more energy to get you through the day?

And, do you want to lower your risk of serious problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer?

If you answered “yes” to any of these questions, there are two easy things you can do. Eat plenty of fruits and vegetables and get at least 30 minutes of physical activity every day.



## Why is it good to eat fruits and vegetables?

Fruits and vegetables are some of the healthiest and best tasting foods. They are low in sodium and calories, and most are fat free. Reach for blue, purple, green, white, yellow, orange, and red fruits and vegetables for your meals and snacks. They help your body get the vitamins, minerals, fiber, and other natural substances it needs to stay healthy.

### FRUITS AND VEGETABLES, AS PART OF A HEALTHY DIET, MAY HELP YOU:

- Control your weight
- Lower your risk of stroke, heart disease, and high blood pressure
- Reduce your risk of type 2 diabetes
- Lower your risk of certain types of cancer
- Boost your energy level
- Look and feel great!



## How many fruits and vegetables should I eat every day?

Adults need to eat 3½ to 6½ cups of colorful fruits and vegetables every day. Choose all forms of fruits and vegetables like fresh, frozen, canned, dried, and 100% juice—they all count toward your recommended amount!

The number of cups of fruits and vegetables that is right for you depends on your gender, age, and physical activity level. To find out how many cups you need for good health, visit [www.mypyramid.gov](http://www.mypyramid.gov).

## How can I eat more fruits and vegetables every day when my life is so busy?

Fruits and vegetables are easy to prepare and are great on the go. Here are some simple ways to get them into every meal and snack:

### BUYING MORE FRUITS AND VEGETABLES ON A TIGHT BUDGET

- Buy fresh fruits and vegetables in season. They cost less and are at their best flavor.
- Stock up on frozen vegetables on sale for fast and easy cooking.
- Try canned fruits packed in 100% fruit juice and canned vegetables.
- Take advantage of Food Stamp Program benefits if you are eligible.

### HELPING YOUR FAMILY EAT MORE FRUITS AND VEGETABLES AT HOME

- Keep a bowl of fresh fruit out to snack on all day.
- Add fruit to cereal and serve a small glass of 100% fruit juice for breakfast.
- Buy crunchy baby carrots and celery sticks instead of chips.
- Enjoy a salad or vegetable soup for lunch.
- Eat at least two vegetables with dinner and a sweet piece of fruit for dessert.

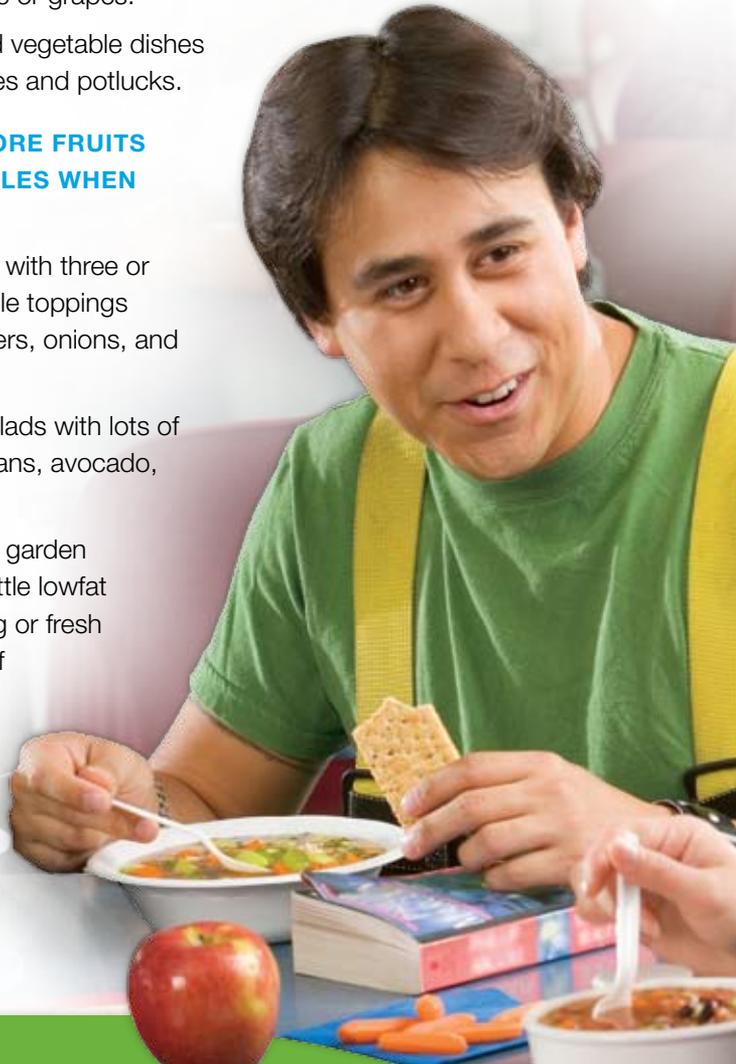


## ENJOYING MORE FRUITS AND VEGETABLES AT WORK

- Snack on raisins and other dried fruits for something sweet instead of candy.
- Put extra lettuce, tomato, and other vegetables in your sandwich.
- Add a piece of fruit to your lunch. Try a nectarine or grapes.
- Bring fruit and vegetable dishes to office parties and potlucks.

## ORDERING MORE FRUITS AND VEGETABLES WHEN EATING OUT

- Choose pizza with three or more vegetable toppings like bell peppers, onions, and mushrooms.
- Order taco salads with lots of tomatoes, beans, avocado, and cabbage.
- Go for a crisp garden salad with a little lowfat salad dressing or fresh fruit instead of French fries.



## Sometimes it is hard to find good quality, low-cost fruits and vegetables in my neighborhood. What should I do?

The first thing you can do is look around your neighborhood and find out why it is hard to get good quality, low-cost fruits and vegetables. To help with this, answer these questions:

Does your neighborhood grocery store sell good quality, low-cost fruits and vegetables?	<input type="radio"/> Yes	<input type="radio"/> No
Do restaurants in your neighborhood offer a variety of good quality, low-cost fruit and vegetable menu items?	<input type="radio"/> Yes	<input type="radio"/> No
Do you have a farmers' market close by?	<input type="radio"/> Yes	<input type="radio"/> No
Does your workplace have good quality, low-cost fruits and vegetables in the cafeteria, in break rooms, or vending machines?	<input type="radio"/> Yes	<input type="radio"/> No
Do you have a community garden?	<input type="radio"/> Yes	<input type="radio"/> No
Write in other problems that you see in your neighborhood:		

Did you answer “no” to any of these questions? Or, did you come up with other problems? If you did, your neighborhood is ready for some good changes.



## Here is what you can do to help your neighborhood have good quality, low-cost fruits and vegetables:

- **Know** that every neighborhood deserves to have clean, safe places where good quality, low-cost fruits and vegetables are easy to get.
- **Believe** that you, your family, and your neighbors can help make changes that bring more fruits and vegetables to your neighborhood.
- **Talk** to family, friends, and neighbors. Look for things in your neighborhood that make it hard to find and eat good quality, low-cost fruits and vegetables.
- **Meet** with neighborhood leaders and city officials to talk about these problems. Give your suggestions, and make a plan of action. Stay at it until steps have been taken to make it easier to find and eat good quality, low-cost fruits and vegetables in your neighborhood.
- **Learn** more about how to voice your concerns, make a plan of action, and create changes in your neighborhood that make good quality, low-cost fruits and vegetables easier to get. Go to [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for more information.





For more consumer information, visit us at

**[www.cachampionsforchange.net](http://www.cachampionsforchange.net)**

or call

**1-888-328-3483**

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers.

The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.

For partner information, visit us at  
[www.networkforahealthycalifornia.net](http://www.networkforahealthycalifornia.net).



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