



Making Healthy Choices



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 some 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 percent 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, use the tables below or visit www.mypyramid.gov.

Women

Activity Level	Age	Fruits	Vegetables	Total
Moderately or vigorously active for less than 30 minutes a day	15-18	1½ cups	2½ cups	4 cups
	19-25	2 cups	2½ cups	4½ cups
	26-50	1½ cups	2½ cups	4 cups
	51+	1½ cups	2 cups	3½ cups
Moderately or vigorously active for 30 to 60 minutes a day	15-18	2 cups	2½ cups	4½ cups
	19-25	2 cups	3 cups	5 cups
	26-50	2 cups	2½ cups	4½ cups
	51+	1½ cups	2½ cups	4 cups
Moderately or vigorously active for more than 60 minutes a day	15-60	2 cups	3 cups	5 cups
	61+	2 cups	2½ cups	4½ cups

Moderate Physical Activity includes walking briskly, hiking, gardening/yard work, and dancing.

Vigorous Physical Activity includes running/jogging, bicycling, swimming laps, and aerobics.

Making Healthy Choices (continued)

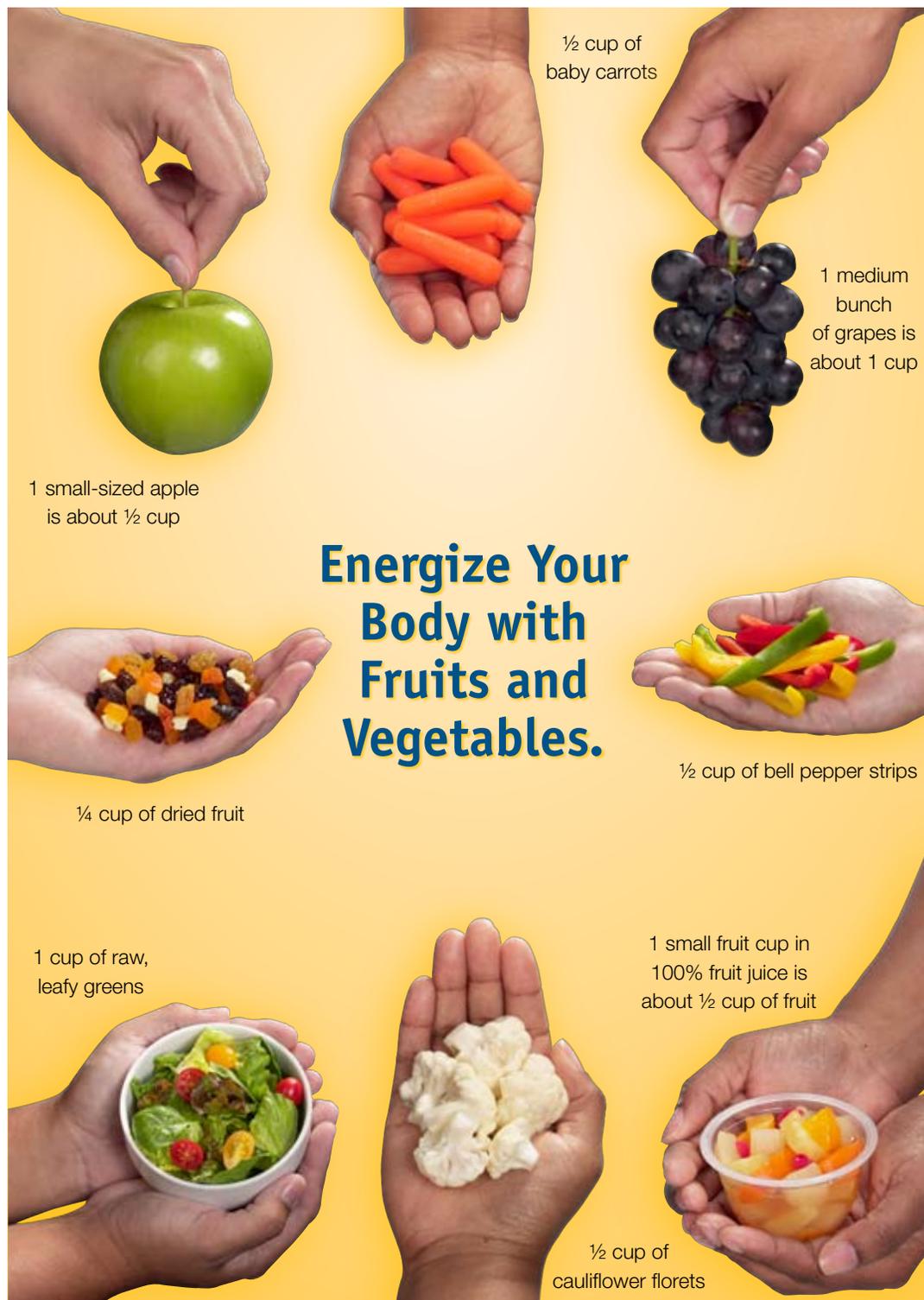
Men

Physical Activity	Age	Fruits	Vegetables	Total
Moderately or vigorously active for less than 30 minutes a day	15	2 cups	3 cups	5 cups
	19-20	2 cups	3½ cups	5½ cups
	21-60	2 cups	3 cups	5 cups
	61+	2 cups	2½ cups	4½ cups
Moderately or vigorously active for 30 to 60 minutes a day	15	2 cups	3½ cups	5½ cups
	16-25	2½ cups	3½ cups	6 cups
	26-45	2 cups	3½ cups	5½ cups
	46+	2 cups	3 cups	5 cups
Moderately or vigorously active for more than 60 minutes a day	15-35	2½ cups	4 cups	6½ cups
	36-55	2½ cups	3½ cups	6 cups
	56-75	2 cups	3½ cups	5½ cups
	76+	2 cups	3 cups	5 cups

Moderate Physical Activity includes walking briskly, hiking, gardening/yard work, and dancing.

Vigorous Physical Activity includes running/jogging, bicycling, swimming laps, and aerobics.

Making Healthy Choices (continued)



1 small-sized apple is about ½ cup

½ cup of baby carrots

1 medium bunch of grapes is about 1 cup

Energize Your Body with Fruits and Vegetables.

¼ cup of dried fruit

½ cup of bell pepper strips

1 cup of raw, leafy greens

1 small fruit cup in 100% fruit juice is about ½ cup of fruit

½ cup of cauliflower florets

Fruit and Vegetable—

Making Healthy Choices (continued)

Simple ways to get fruits and vegetables into meals and snacks:

BEFORE WORK

- Add fruit to cereal or lowfat yogurt and have a small glass of 100% fruit juice for breakfast.
- Grab a piece of fruit on your way out the door in the morning—bananas, apples, and plums are easy to eat on the go.

DURING WORK

- Enjoy a salad or vegetable soup for lunch.
- 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 at least three 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 a baked potato instead of French fries.

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.
- Stop at a farmers' market or produce stand for quick, cheap produce.
- 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.
- Buy crunchy baby carrots and celery sticks instead of chips.
- Eat at least two vegetables with dinner and a sweet piece of fruit for dessert.
- Add frozen vegetables to soups or stews.
- Add canned beans or lentils to a salad.
- Substitute applesauce for oil when baking.
- Add apple, pineapple, and raisins to coleslaw, chicken, or tuna salad.
- Try eating 100% fruit juice bars instead of ice cream.

For more information about fruits, vegetables, and physical activity, visit us at www.cachampionsforchange.net or call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.