

Eat Smart:

Fruit & Vegetable Challenge!



Newsletter Volume 1



Congratulations for taking the first step to improve your health by joining the Fruits and Vegetables Challenge! This newsletter has tips and resources to help you collect Challenge points and enjoy more fruits and vegetables.

Tip of the Week

Why Emphasize Vegetables and Fruits?

Most experts suggest we increase the amount of vegetables and fruits we eat each day. By eating fruits and vegetables of a variety of different colors, one can get the best all-around health benefits.

Fruits and vegetables are very important to our health because they are whole foods, created by nature, that are rich in a large amount of nutrients. The processed foods that we so commonly eat can never compare to the health benefits provided by strawberries or broccoli, which have fiber, vitamins and enzymes built right in.

Eating plenty of healthy vegetables and fruits helps prevent heart disease and strokes, diverticulitis and some types of cancer; helps control your blood pressure; and guards against cataract and macular degeneration or vision loss.

The phrase "eating a rainbow" of fruits and vegetables is a simple way of remembering to get as much color variety in your diet as possible, so that you can maximize your intake of a broad range of nutrients.

Translating this recommendation into breakfast, lunch and dinner means having **5 or more servings of fruits and vegetables** every day.

What is a serving?

- **Vegetables:** 1 cup raw leafy greens; 1/2 cup other vegetables, cooked or chopped raw; 3/4 cup 100% juice
- **Fruits:** 1 medium piece of fruit; 1/2 cup chopped, cooked or canned fruit; 3/4 cup 100% juice

