

Nutrient Information

Fruits and vegetables are sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other foods. Eating a balanced diet and making other lifestyle changes are key to maintaining your body's good health.

Fiber	
Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease.	Excellent vegetable sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes
Folate*	
Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	Excellent vegetable sources: black eyed peas, cooked spinach, great northern beans, asparagus
Potassium	
Diets rich in potassium may help to maintain a healthy blood pressure.	Good fruit and vegetable sources: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice
Vitamin A	
Vitamin A keeps eyes and skin healthy and helps to protect against infections.	Excellent fruit and vegetable sources: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
Vitamin C	
Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.	Excellent fruit and vegetable sources: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

Good sources: These foods contain 10 to 19 percent of the Daily Value per reference amount.

Excellent sources: These foods contain 20 percent or more of the Daily Value per reference amount.

*The Institute of Medicine recommends that women of childbearing age who may become pregnant consume 400 micrograms of synthetic folic acid per day to supplement the folate they receive from a varied diet. Synthetic folic acid can be obtained from eating fortified foods or taking a supplement.

How Many Fruits and Vegetables should be eaten daily for Good Health?

Your daily fruit and vegetable needs depend on your calorie needs. Your calorie needs are determined by your age, sex, and physical activity level. Visit [How Many Fruits and Vegetables Do You Need?](#)

To learn more about an overall healthy eating plan that includes the appropriate calories and the recommended amounts of fruits and vegetables that you need, visit [MyPyramid.gov](#) and enter your age, sex, and activity level into the My Pyramid Plan.



Your daily fruit and vegetable needs depend on your calorie needs.

If I take a Multi-Vitamin, Does this reduce My Fruit and Vegetable Needs?

Your fruit and vegetable recommendations do not change if you are taking a multivitamin. This is because in addition to vitamins and minerals, fruits and vegetables contain naturally occurring substances that may help protect against chronic health conditions. Thus, you should focus on meeting your nutrient needs primarily through foods.

It should be noted that the Dietary Guidelines for Americans 2005 have recommended that the following population groups consume fortified foods or supplements to meet their nutrient needs:

- People over age 50. Consume vitamin B12 in its crystalline form (i.e., fortified foods or supplements).
- Women of childbearing age who may become pregnant. Eat foods high in heme-iron and/or consume iron-rich plant foods or iron-fortified foods with an enhancer of iron absorption, such as vitamin C-rich foods.
- Women of childbearing age who may become pregnant and those in the first trimester of pregnancy. Consume adequate synthetic folic acid daily (from fortified foods or supplements) in addition to food forms of folate from a varied diet.
- Older adults, people with dark skin, and people exposed to insufficient ultraviolet band radiation (i.e., sunlight). Consume extra vitamin D from vitamin D-fortified foods and/or supplements.

Does Fruit Juice Count Towards My Recommended Fruit Intake?

While 100% juice can count towards your intake, the majority of your choices should be whole or cut-up fruits (fresh, frozen, canned, or dried). These fruit choices are better options because they contain dietary fiber. $\frac{1}{2}$ cup (4 fluid ounces) of 100% fruit juice does count as $\frac{1}{2}$ cup of fruit in meeting your requirements.







Here are some quick and easy ways to add fruits and vegetables to your diet:

- Add fruit to your breakfast cereal or oatmeal (not just bananas, but also try apples, grapes, berries, peaches, or mandarin oranges).
- Snack on mini-carrots or dried fruit at work instead of candy.
- Add to your take-out dinner with fruits and vegetables from home.
- Microwave a vegetable to add to your dinner or eat some fruit for dessert.

What Counts as a Cup?

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

The chart below shows simple ways to enjoy fruits and vegetable throughout the day, with corresponding cup amounts.

MORNING	<p>1 cup</p>  <p>1 small apple</p>	<p>1/2 cup</p>  <p>1 small banana</p>
MID-DAY	<p>1 cup</p>  <p>1 cup of lettuce* and 1/2 cup of other vegetables</p>	<p>1/2 cup</p>  <p>6 baby carrots</p>
EVENING	<p>1 cup</p>  <p>1/2 large sweet potato and 1/2 cup of green beans</p>	<p>1/2 cup</p>  <p>16 grapes</p>

*1 cup of lettuce counts as 1/2 cup of vegetables

Here are more examples of what counts as 1 cup of fruits and vegetables.



1 small apple



1 large banana



1 medium grapefruit



1 large orange



1 medium pear



1 small wedge watermelon



2 large or 3 medium plums



8 large strawberries



1 large bell pepper



1 medium potato



2 large stalks of celery



1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens)



12 baby carrots
(or 2 medium carrots)



1 large sweet potato



1 large ear of corn

Here are more examples of what counts as 1/2 cup of fruits and vegetables.



1 snack container of applesauce
(4oz)



16 grapes



1 medium cantaloupe wedge



1/2 medium grapefruit



4 large strawberries



5 broccoli florets



6 baby carrots



1 large plum



1 small box (1/4 cup) of raisins

In addition to fruits and vegetables, a healthful diet also includes whole grains, fat-free or low-fat milk and milk products, lean meats, poultry, fish, dry beans, eggs and nuts, and is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Breakfast Tips



- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.
- Have fruit as a mid-morning snack.
- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.
- Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.



Lunch & Dinner Tips

- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
- Add some cooked dry beans to your salad. Or, if you have a sweet tooth, add chopped apples, pears, or raisins.
- Add broccoli, green beans, corn, or peas to a casserole or pasta.
- Have soup. You can stick with the basics like tomato or vegetable soup or mix up some minestrone or veggie chili to cut winter's chill. When possible, choose soups with less sodium.
- Add lettuce, tomato, onion, and cucumber to sandwiches.
- Order salads, vegetable soups, or stir-fried vegetables when eating out.
- Choose beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries.
- Try eating at least 2 vegetables with dinner.
- Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

Snack Tips

- Try hummus and whole wheat pitas.
- Snack on vegetables like bell pepper strips and broccoli with a low-fat or fat-free ranch dip.
- Try baked tortilla chips with black bean and corn salsa.
- Stash bags of dried fruit at your desk for a convenient snack.
- Keep a bowl of fruit on your desk or counter.
- Drink a fruit smoothie made with whole fruit, ice cubes, and low-fat or fat-free yogurt.
- Top a cup of fat-free or low-fat yogurt with sliced fresh fruit.
- For quick and easy snacks, stock up on fresh, dried, frozen, and canned fruits and vegetables.
- Pick up ready-packed salad greens from the produce shelf for a quick salad any time.
- Encourage your child to choose his or her own fruit when shopping.
- Store cleaned, cut-up vegetables in the fridge at eye level and keep a low-fat or fat-free dip on hand.

Fruits & Vegetables of the Month 2008!

January		February		March	
					
<u>Tubers</u>	<u>Dried Fruit</u>	<u>Exotic Vegetables</u>	<u>Star Fruit</u>	<u>Exotic Winter Fruit</u>	<u>Leeks & Green Onions</u>
April		May		June	
					
<u>Tomatillo</u>	<u>Asian Pear</u>	<u>Potatoes</u>	<u>Limes</u>	<u>Okra</u>	<u>Pluot® and Aprium®</u>
July		August		September	
					
<u>Nectarine</u>	<u>Garlic</u>	<u>Celery and Fennel</u>	<u>Cactus</u>	<u>Chili Peppers</u>	<u>Figs</u>
October		November		December	
					
<u>Rhizomes</u>	<u>Persimmons</u>	<u>Greens</u>	<u>Plantains</u>	<u>Root Vegetables</u>	<u>Exotic Fruits</u>

To read more about individual fruits and vegetables click [here](#).

Additional Tools & Resources

[Recipes](#) - Enter keywords and ingredients or narrow your search by food and meal types.

[Analyze My Plate](#) - Just drag food items over to your plate and you will get a nutritional analysis of your selections. Create healthier meals and add a variety of fruits and vegetables to your menu.

[Recipe Remix](#) - Discover how fruits and vegetables can give your all-time favorites a healthy new twist while reducing fat, calories and sodium.

[Choose Smart Choose Healthy](#)

Your mother and grandmother always told you to eat your fruits and vegetables. Now find out how eating a colorful variety every day may protect against chronic health conditions. This brochure was designed for African American women.

[Eat More Fruits & Veggies](#)

See how you can save time, save money, or both as you strive to eat more fruits and vegetables as part of a healthy diet. Sample recipes provided.

[Encourage Kids to Eat More Fruits & Veggies](#)

Help kids eat more fruits and vegetables. View tips and fun recipes that encourage children to eat their fruits and veggies.

[Entertain the Fruit & Veggie Way](#)

Use a fresh vegetable platter or fruit salad as a colorful, appetizing, and tasty centerpiece at your next gathering. View more great entertaining ideas and sample recipes.

[Fruits & Veggies On the Go!](#)

Always on the go? You can still eat fruits and vegetables. Find out which fruits and vegetables travel best. Use the simple recipes to create your own on-the-go snacks and meals.

[How to Use Fruits and Vegetables to Help Manage Your Weight](#)

Learn about fruits and vegetables and their role in your weight management plan. Tips to cut calories by substituting fruits and vegetables are included with meal-by-meal examples. You will also find snack ideas that are 100 calories or less. With these helpful tips, you will soon be on your way to adding more fruits and vegetables into your healthy eating plan.

[Three Simple Steps to Eating More Fruits and Vegetables](#)

Eating fruits and vegetables is simple and healthy. Use these three steps to get the amounts that are right for you. This handout is designed to be easy to read. Budget-friendly tips are also included.

[True or False? Test Your Fruit and Veggie IQ](#)

How much do you know about fruits and vegetables? Take this simple quiz to learn more about the benefits of eating fruits and vegetables. Try the three fruit and vegetable recipes provided on the back.

[Why Do Fruits and Vegetables Matter to Men](#)

Your family is counting on you to be there, but African American men have higher rates of high blood pressure, stroke, and some cancers than white men. Learn how many fruits and vegetables you need to eat every day for good health. This brochure was designed for African American men.

[Your Questions Answered](#)

Get the answers to commonly asked questions about preparing and storing fruits and vegetables.