



Fruits and Vegetables



Eat More, Live More

Keep chronic and preventable illness at bay

Two Peas in a Pod

- Significant amounts of research continue to show that a diet rich in fruits and vegetables can help prevent chronic illness such as cardiovascular disease, diabetes, lung disease, and some forms of cancer.
- Based on a 2000 calorie diet, consuming the recommended 2 cups of fruit and 2½ cups of vegetables per day also helps aid in weight management.
- What you eat and how you feel pair together—like two peas in a pod!

Why More Matters

- 7 out of 10 deaths among Americans each year are from chronic diseases.
- 133 million Americans—almost 1 out of every 2 adults—have at least one chronic illness.
- Chronic diseases account for \$3 of every \$4 spent on healthcare. That adds up to nearly \$7,900 for every American with a chronic disease.

Pack more in your day and keep the doctor away!

Helpful strategies to ensure you're getting every bite...

Make a fruit smoothie and add raw spinach. Raw spinach is a tasteless ingredient and it adds more nutritional "oomph" to your frozen treat.

Have raw, cut-up veggies handy for quick snacks. If serving with a dip, choose a healthy option like hummus or a low-fat vinaigrette.

Use fruit to top breakfast items such as oatmeal, granola, cereal, and pancakes.

Add beans and peas to:

- salads (e.g., kidney or garbanzo beans)
 - soups (split peas or lentils)
 - side dishes (baked beans or pinto beans)
- They taste good and are a great source of fiber!

Snack on dried or canned fruit between meals. Be sure to choose dried fruit with no added sugar and canned fruit that sits in 100% juice instead of syrup, to help cut back on unwanted calories.

Use dark leafy greens like spinach and romaine lettuce for salads.

Add red, dark-green, and orange veggies to soups, stews, casseroles, stir-fries, and other entrees or side dishes.

Prevention never tasted so good!

