

## FRUITS AND VEGETABLES

My information is obtained from [cdc.gov](https://www.cdc.gov) (fruit and vegetable benefits). You may check with them exactly how many fruits and vegetables you should eat (according to your sex, age and level of exercise).

A 45 year old woman should eat 2 cups of fruit and 2.5 cups of vegetables every day.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts—as part of a healthy diet—are much more likely to have **reduced risk of chronic diseases**.

**Fruits and vegetables contain essential vitamins, minerals, and fiber that protects you.** *Your nutrients should come primarily from foods.* They contain not only vitamins and minerals but also contain other naturally occurring substances that may help protect you from disease.

**Busy lives can benefit from fruits and vegetables that are nutritious, yet easy to eat on-the-go. Prepare ahead or wash and eat. Fresh is most always best.**

***To get a healthy variety, think color.*** Eating fruits and vegetables of different color gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and Vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Substituting fruits and vegetables for higher-caloric foods can be part of a weight loss strategy.