

GIVE YOUR BODY WHAT IT NEEDS FRESH FRUITS & VEGETABLES



Fruits and vegetables are a great source of vitamins and minerals. They are packed with vitamins A, C and E, as well as magnesium, zinc, phosphorous and folic acid.

You get to enjoy a variety of flavors and textures. With all their unique and interesting flavors, plant-based foods let you get creative in the kitchen.

Lots of fiber. Most fruits and vegetables have plenty of fiber to fill you up and boost gut health, but some have more than others. Fiber-rich vegetables include artichokes, green peas, broccoli, and cauliflower. High-fiber fruits include raspberries, pears, apples and pumpkin.

They're low-calorie and low-fat. On average, fruits and especially vegetables are very low in calories and fat, which means you can eat more to keep you feeling full without worrying about extra calories or fat.

Protect against cancer and other diseases. Many vegetables and fruits can help protect against some diseases. You can lower your risk of type 2 diabetes, stroke, heart disease, high blood pressure and cancer by adding more fruits and vegetables into your diet. Veggies, such as broccoli, cabbage, collards, and watercress, have been linked to reducing cancer risks.

Fruits and vegetables help you maintain good health. Because they are low in saturated fat, salt and sugar, fruits and vegetables should be part of a well-balanced diet to help you lose weight or prevent weight gain. Plus, they can help you decrease inflammation, and lower cholesterol and blood pressure.

Low in sodium and cholesterol. Fresh fruits and veggies contain only trace amounts of sodium or salt. Many people think that celery is high in sodium, but in fact, one stalk contains only 30mg, which contributes 1 percent to the recommended daily value. Fruits and veggies have no cholesterol.

Fresh, frozen, canned, dried - they're ALL nutritious. While eating fresh fruits and vegetables may be your preference, there's not much difference from a nutrition standpoint when you compare frozen, canned or dehydrated products. In fact, most frozen and canned products are processed within hours of harvest, so the nutritional value is locked in quickly.

Convenient, quick, and easy. Unlike granola bars or crackers, many fruits and vegetables don't need packaging. So, you can easily grab a banana or an apple as you're heading out the door.

Finally... Smoothies! If you have a blender, all you need is fruit and ice to whip up a delicious smoothie using your favorite flavors. Tip: When you make a fruit smoothie, throw in as much fresh spinach as you like. Spinach doesn't start to taste like "spinach" until you cook it. Even kids can't tell the difference!



IT'S AS EASY AS 5 A DAY

How many pieces of fruit and vegetables should you eat a day? It's as easy as five a day. Not five servings, but five portions of fruit and vegetables altogether. The World Health Organization advises eating at least 14 ounces of fruit and vegetables daily to reduce the risk of significant health issues like heart disease, stroke, and some forms of cancer. Nearly all fruits and vegetables are included in your five a day. They can be juiced, dried, canned, frozen, or fresh.

START THE DAY RIGHT WITH BREAKFAST

- Substitute spinach, onions, or mushrooms for one egg or half the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

LIGHTEN UP YOUR LUNCH

- Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories.
- Replace 2 ounces of meat or 1 cup of noodles in broth-based soup with 1 cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers. The vegetables will help fill you up, so you won't miss those extra calories.

DON'T FORGET ABOUT DINNER

- Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying but have fewer calories.
- Look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. Remember to use a small- or normal-size plate, not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables. For a visual reference, visit myplate.gov.

SMART SNACKS

- Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories. See the chart on the right for smart snacks.

FRUIT	CALORIES
Medium Apple	72
Medium Banana	105
1 cup Steamed Green Beans	44
1 cup Blueberries	83
1 cup Grapes	100
1 cup Carrots	45
1 cup Broccoli	30
1 cup Bell Peppers	30
2 tbsp Hummus	46

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