

Fruits and veggies

Eat more... lots more!

Good nutrition is the single most important factor in promoting health and reducing your risk for major chronic diseases.

How much is enough?

The U.S. Dietary Guidelines recommend:

- Kids and teens: 2 to 5 cups a day.
- Adults: 2 to 6-1/2 cups a day (depending on age, gender and activity level).

Don't get too hung up on the numbers – the main goal is simply to eat more produce.

But that's so much food!

Here's the trick: the more produce you eat, the less room you'll have for the high-calorie stuff that used to fill most of your plate.

How to fit in more fruits and vegetables:

- Top cereal or yogurt with berries or bananas.
- Make a fruit and veggie tray as an appetizer.
- Have a salad with (or for) lunch on most days.
- Add vegetables to pastas, soups and stews.
- Include two different veggies at every dinner.

Learn more: Visit the Nutrition Resource Center at www.providence.org/healthinfo.

health
balancesm

EDU-025

www.providence.org/healthplans

Fruits and veggies

Eat more... lots more!

Good nutrition is the single most important factor in promoting health and reducing your risk for major chronic diseases.

How much is enough?

The U.S. Dietary Guidelines recommend:

- Kids and teens: 2 to 5 cups a day.
- Adults: 2 to 6-1/2 cups a day (depending on age, gender and activity level).

Don't get too hung up on the numbers – the main goal is simply to eat more produce.

But that's so much food!

Here's the trick: the more produce you eat, the less room you'll have for the high-calorie stuff that used to fill most of your plate.

How to fit in more fruits and vegetables:

- Top cereal or yogurt with berries or bananas.
- Make a fruit and veggie tray as an appetizer.
- Have a salad with (or for) lunch on most days.
- Add vegetables to pastas, soups and stews.
- Include two different veggies at every dinner.

Learn more: Visit the Nutrition Resource Center at www.providence.org/healthinfo.

health
balancesm

EDU-025

www.providence.org/healthplans