

2. Strive to include a few servings of vegetables and fruits in your daily diet.



Here are some reasons behind this advice:

- **Nutrient Density:** Fruits and vegetables are rich in essential vitamins, minerals, and antioxidants. They provide a wide range of nutrients that are crucial for overall health and well-being.
- **Fiber Content:** Fruits and vegetables are excellent sources of dietary fiber. Fiber is important for digestive health, helps prevent constipation, and can contribute to a feeling of fullness, aiding in weight management.
- **Disease Prevention:** Regular consumption of fruits and vegetables is associated with a lower risk of chronic diseases such as heart disease, certain cancers, and diabetes. The antioxidants in these foods play a role in reducing inflammation and protecting against oxidative stress.
- **Supporting Immune Function:** The vitamins and minerals found in fruits and vegetables, such as vitamin C, vitamin A, and folate, are essential for a healthy immune system. Consuming a variety of these foods can help support immune function.
- **Hydration:** Many fruits and vegetables have high water content, contributing to overall hydration. Staying well-hydrated is important for various bodily functions, including temperature regulation and nutrient transport.
- **Weight Management:** Fruits and vegetables are generally low in calories and high in fiber, making them a nutritious and satisfying choice for those looking to manage their weight.
- **Gut Health:** The fiber in fruits and vegetables also promotes a healthy gut microbiome. A diverse and balanced microbiome is associated with various health benefits, including improved digestion and a reduced risk of certain diseases.
- **Variety of Flavors and Textures:** Including a variety of fruits and vegetables in your diet adds diversity to your meals. This not only makes eating more enjoyable but also ensures that you're getting a broader range of nutrients.

In summary, incorporating a variety of fruits and vegetables into your daily diet provides a multitude of health benefits, supporting overall well-being and reducing the risk of various health issues.

MORE Info from our other article on Veggies?Fruit

DO YOU/CAN
YOU
DO THIS?
SHORT
WELLNESS
SELF-CHECKS

Do You Eat Colorful Foods? Rephrase: Do You Eat Colorful Natural Foods? le Fruity Pebbles DO NOT Count :)



The most vibrantly colored fruits and vegetables are the richest in vitamins, minerals, fiber and antioxidants. Fruits and vegetables get their coloration from phytochemicals, natural bioactive compounds which, in addition to giving many fruits and veggies their eye-catching hues, also promote good health. They protect the plant from threats in their natural environment such as disease and excessive sun. According Harvard Health adding color to your meals will help you live a longer, healthier life by protecting your immune system. They go on to suggest when humans eat plant foods, phytonutrients protect us from chronic diseases. Epidemiological research (population studies) suggests that food patterns that include fruits and vegetables are associated with a reduced risk of many chronic diseases, including cardiovascular disease, and may be protective against certain types of cancers.

DO NOT PEEL. NO COLOR IS SUPERIOR. Try to eat two at a time 3 x a day. Frozen counts and are just as nutritious as fresh. Canned is acceptable as long as no added sugar and salt. Instead of just salads try vegetable soups or stirfrys.

According to Harvard Health and the Mayo Clinic each color provides various health benefits and no one color is superior to another, which is why a balance of all colors is most important. Getting the most phytonutrients also means eating the colorful skins, the richest sources of the phytonutrients, along with the paler flesh. Try to avoid peeling foods like apples, peaches and eggplant, lest you lose their most concentrated source of beneficial chemicals.

The American Cancer Society recommends 2 1/2 cups per day of fruits and vegetables. US Dietary Guidelines recommend consuming even more: 2 1/2 cups of vegetables and 2 cups of fruit, based on a 2,000-calorie diet.

GET YOUR COLORS - Each color has benefits From Harvard Health

Red: Rich in the carotenoid lycopene, a potent scavenger of gene-damaging free radicals - protect against prostate cancer as well as heart and lung disease.

Found in: strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, red onions

Orange and yellow: Provide beta cryptoxanthin, which supports intracellular communication and may help prevent heart disease.

Found in: carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut, acorn), peaches, cantaloupe, corn

Green: These foods are rich in cancer-blocking chemicals, which inhibit the action of carcinogens (Found in: spinach, avocados, asparagus, artichokes, broccoli, alfalfa sprouts, kale, cabbage, Brussels sprouts, kiwi fruit, collard greens, green tea, green herbs (mint, rosemary, sage, thyme, and basil)

Blue and purple: Have powerful antioxidants called anthocyanins believed to delay cellular aging and help the heart by blocking the formation of blood clots.

Found in: blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, purple cabbage

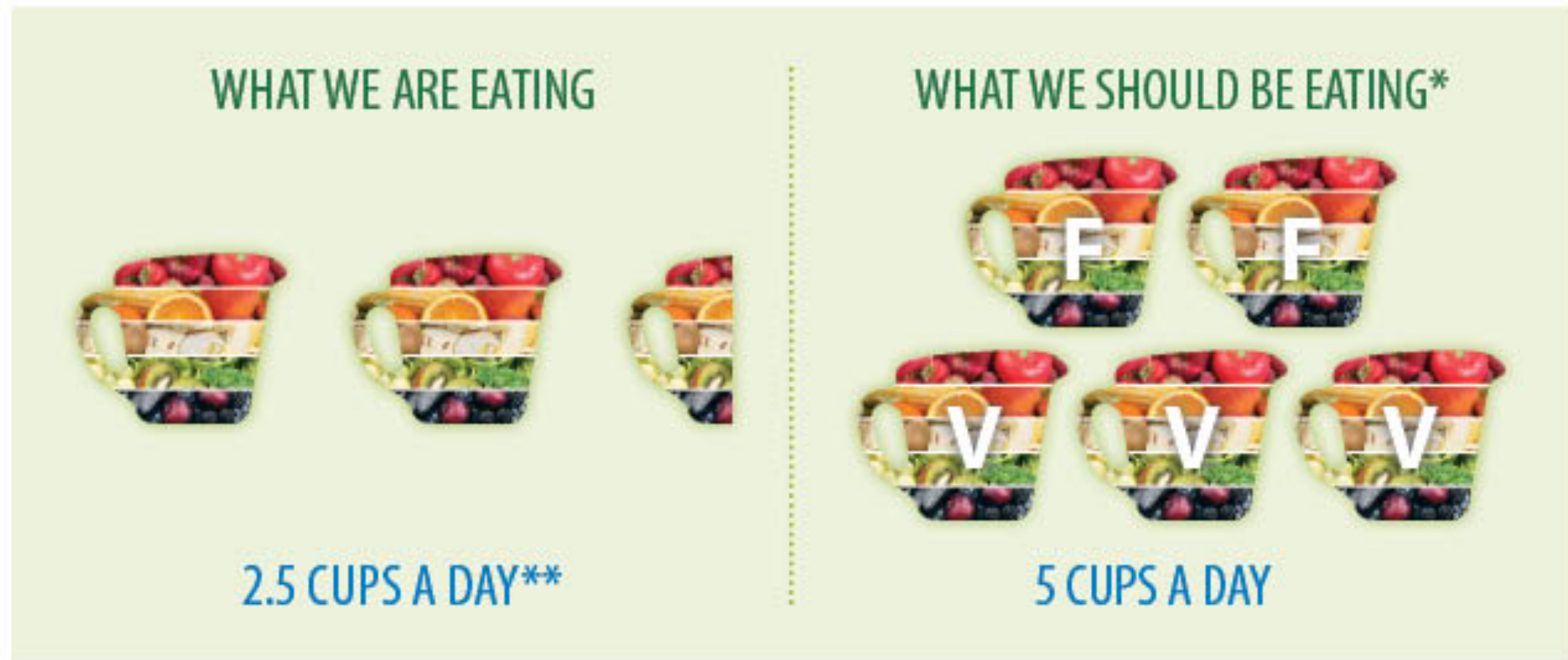
White and brown: The onion family contains allicin, which has anti-tumor properties. Other foods in this group contain antioxidant flavonoids like quercetin and kaempferol.

Found in: onions, cauliflower, garlic, leeks, parsnips, daikon radish, mushrooms

BE HONEST WITH YOURSELF HOW MUCH DO YOU EAT?

WHAT WE ARE EATING AND WHAT WE SHOULD BE EATING.

SOME ESTIMATES HAVE US EATING MUCH LESS THAN 2.5 CUPS.



OTHER ESTIMATES HAVE US EATING MUCH LESS THAN 1 CUP WHEN YOU CUT OUT JUICE

What Does a Day of Fruits and Vegetables Look Like?



The USDA's Dietary Guidelines recommend adults eat anywhere from **5 to 13 servings** of fruits and vegetables per day depending on age, gender, physical activity, and overall health.

What is a Serving of Veggies and Fruit (USDA)
One serving is defined as **1 cup of raw leafy vegetables, 1/2 cup of cooked or chopped raw vegetables, or 3/4 cup of vegetable juice.**

A serving of fruit is equal to **1 cup of raw, cooked fruit; 1 cup of 100% fruit juice (higher in calories than whole fruit); or 1/2 cup dried fruit.**

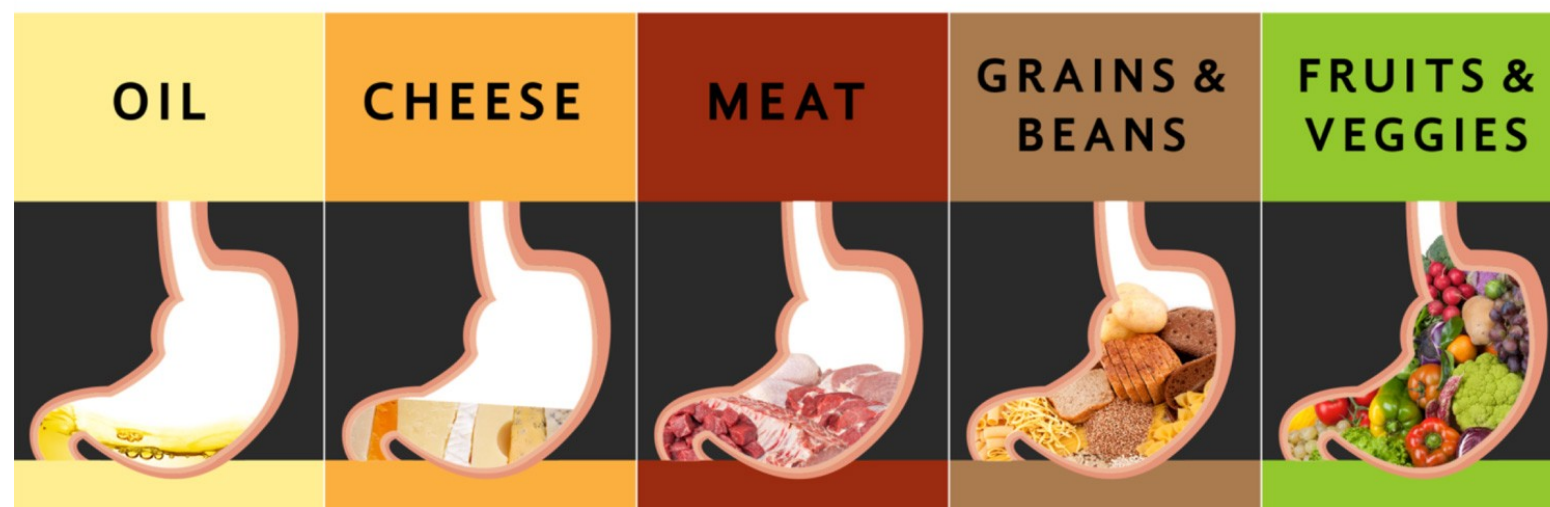
RECENT Dietary Guidelines for Americans recommends that people needing 2,000 calories per day include **2 cups of fruit and 2.5-3 cups of vegetables** in their daily diets. USDA food consumption surveys find that the average American falls far short—consuming only **0.9 cups of fruit and 1.4 cups** of vegetables per day ([See more](#))

Not Sold on Veggies and Fruit -You will be if you know they effect how you look.

May Help Weight Loss

Common Thread when I work with People on a Fat Loss Program is their lack of Fruits and Veggies in their diets

WHAT 500 CALORIES LOOKS LIKE



Limit but do not disallow Starchy Vegetables

Researchers found that while eating more fruit and vegetables overall can promote weight loss, study participants who ate more starchy vegetables, such as potatoes, corn, and peas, tended to gain weight. Those who ate more non-starchy vegetables and fruits—which are higher in fiber and lower in carbohydrates—such as string beans, green leafy vegetables, apples, or pears lost weight. Researchers say that compared to starchy vegetables, these non-starchy foods have lower glycemic loads, producing smaller and fewer blood sugar spikes after they are consumed, which may reduce hunger.