



THE GOOD NEWS
about
FRUITS
&
VEGETABLES

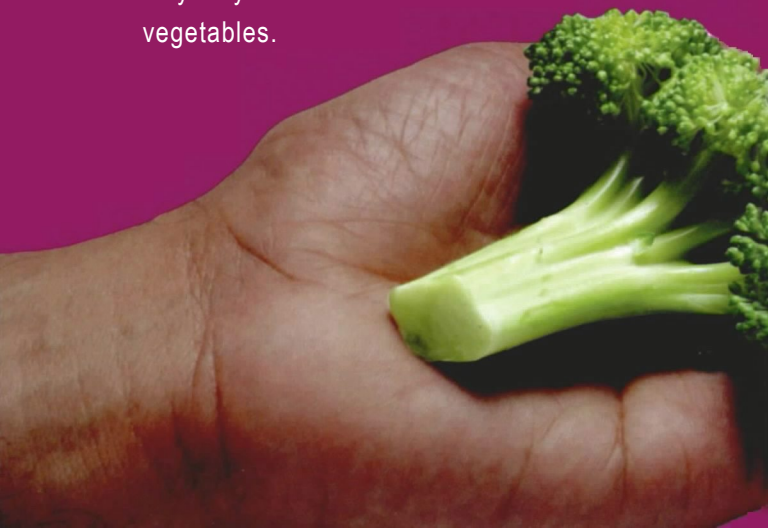
Eating plenty of fruits and vegetables every day is an important part of a healthy, active lifestyle. It promotes good health and may help lower the chances of getting high blood pressure, Type 2 diabetes, heart disease, and some types of cancer,

African Americans have very high rates of these diseases and get them earlier in life. They also suffer more serious health problems and die at an earlier age from these diseases. Most African Americans eat less than half of the daily amount of fruits and vegetables recommended for good health.

Everyone has the power to make choices to improve their health. The good news is that eating more fruits and vegetables is one of the easiest things you can do to get started.

This brochure has information about:

- why eating fruits and vegetables is important for good health.
- the amount of fruits and vegetables recommended.
- easy ways to eat more fruits and vegetables.



What's in Fruits and Vegetables

Fruits and vegetables are a great source of many vitamins, minerals, and fiber the body needs. They are packed with hundreds of naturally occurring substances called phytochemicals that may help protect against many diseases. Also fruits and vegetables are low in fat and calories.

VITAMINS

Fruits and vegetables provide many important vitamins, like vitamin A and vitamin C. There are about 20 vitamins needed for life, each with a very important job. Some vitamins help the body produce energy. Others help keep skin healthy. The best way to get vitamins is to eat the fruits and vegetables that contain them.

MINERALS

Fruits and vegetables provide many important minerals, like potassium and magnesium. The body needs minerals to do many

things. For example, magnesium helps the body maintain healthy bones and potassium helps maintain healthy blood pressure.

FIBER

Most fruits and vegetables are a good source of fiber. One type of fiber can help lower cholesterol. It also slows down digestion so that the body can absorb more nutrients and better control blood sugar levels. Another type of fiber helps you get rid of waste and keeps you regular.

PHYTOCHEMICALS

Phytochemicals (fight-o-chemicals) are naturally occurring substances in fruits and vegetables. Phytochemicals may help fight to protect your health. Fruits and vegetables have hundreds of phytochemicals. Phytochemicals work together with vitamins and minerals to promote good health.





Why eating fruits and vegetables is important for adults

HELP MANAGE YOUR WEIGHT

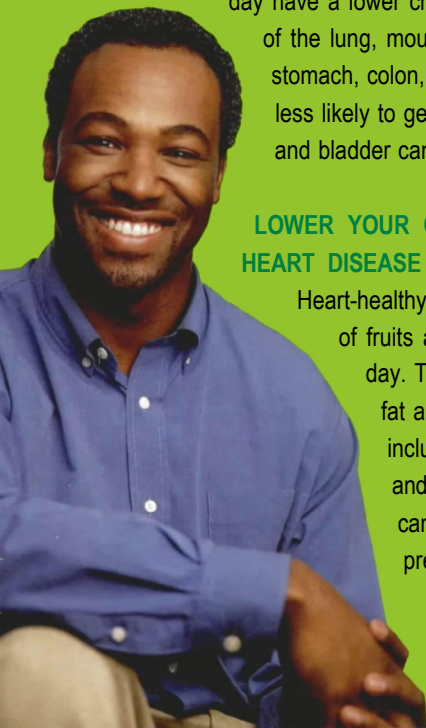
When combined with an active lifestyle, eating a healthy diet rich in fruits and vegetables may help you manage your weight. Most are low in calories and fat, and many have lots of water and fiber to help you feel full. You can eat fewer calories and still satisfy your appetite by eating larger portions of fruits and vegetables at meals. Eat fruits and vegetables raw or steamed and use very small amounts of added sauces, butters, or oils.

LOWER YOUR CHANCES FOR SOME CANCERS

People who eat a diet rich in fruits and vegetables every day have a lower chance of getting cancer of the lung, mouth, pharynx, esophagus, stomach, colon, and rectum. They are also less likely to get breast, pancreas, larynx, and bladder cancer.

LOWER YOUR CHANCES FOR HEART DISEASE & STROKE

Heart-healthy diets include 4 to 5 cups of fruits and vegetables every day. They are low in saturated fat and cholesterol. They also include low-fat dairy foods and whole grains. Such diets can greatly lower blood pressure and cholesterol and



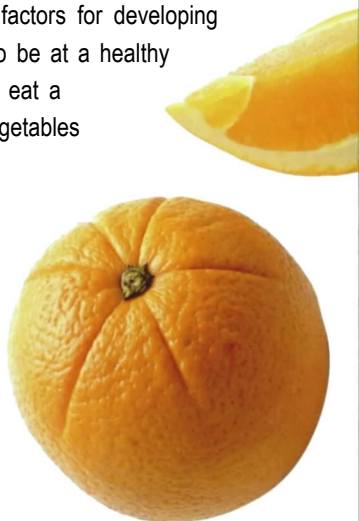
lower the chances of heart disease. Recent studies also report that diets rich in fruits and vegetables may help lower the chances for having a stroke.

REDUCE HIGH BLOOD PRESSURE

In the DASH study (Dietary Approaches to Stop Hypertension), people with high blood pressure followed a special eating plan. These people saw their blood pressure go down after only one month. The plan included 4 to 5 cups of fruits and vegetables every day and 2 to 3 servings of low-fat dairy foods. The DASH eating plan is low in saturated fat and cholesterol. The plan allows only very small amounts of red meat, sweets, and sugar-containing drinks. It also includes moderate amounts of whole grains, fish, poultry, and nuts. People in the DASH study with the lowest sodium intake had the biggest fall in blood pressure. Too much sodium causes blood pressure to rise. Potassium counteracts the effect of sodium on blood pressure. Yet, African Americans get only half their potassium needs. Fruits and vegetables are naturally high in potassium and low in sodium.

LOWER YOUR CHANCES FOR DIABETES

Obesity and diet are strong risk factors for developing Type 2 diabetes. It is important to be at a healthy weight. Get enough exercise and eat a healthy diet rich in fruits and vegetables every day.





Why eating fruits and vegetables is important for children

IT ALL BEGINS IN CHILDHOOD

African American youth have the highest rates of overweight and obesity among all children. Type 2 diabetes is also going up at alarming rates among African American children. Eating habits that affect a child's risk for these problems begin in childhood. Healthy eating in childhood, and into the adult years, can help lower their chances for diseases later in life. These diseases include obesity, overweight, diabetes, heart disease, high blood pressure, and cancer. Most African American children eat less than half of the amount of fruits and vegetables recommended for good health.

GOOD HABITS LAST A LIFETIME

It's important for us to help children develop good habits they can carry into their adult lives. Eating more fruits and vegetables when they are young will make it easier for them to eat more fruits and vegetables as they grow older.

NUTRIENTS TO GROW HEALTHY AND STRONG

Fruits and vegetables give children many of the nutrients they need to grow healthfully. Eating enough fruits and vegetables also helps children develop strong muscles, bones, and teeth.





How Many Cups of Fruits and Vegetables Does Your Family Need Each Day?

Women

less active
fairly active
active

AGE	FRUITS	VEGETABLES
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups
19-50	2 cups	2½ cups
51+	1½ cups	2½ cups
19-50	2 cups	3 cups
51+	2 cups	2½ cups



Men

less active
fairly active
active

AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2½ cups
19-30	2 cups	3½ cups
31+	2 cups	3 cups
19-30	2½ cups	4 cup
31-50	2½ cups	3½ cups
51+	2 cups	3 cups



Boys

	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1½ cups	1½ cups
	9-13	1½ cups	2½ cups
	14-18	2 cups	3 cups
fairly active	2-3	1 cup	1 cup
	4-8	1½ cups	1½ cups
	9-13	1½ cups	2½ cups
	14-18	2 cups	3 cups
active	2-3	1 cup	1 cup
	4-8	1½ cups	2 cups
	9-13	2 cups	2½ cups
	14-18	2½ cups	3½ cups



Girls






	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 cup	1½ cups
	9-13	1½ cups	2 cups
	14-18	1½ cups	2½ cups
fairly active	2-3	1 cup	1 cup
	4-8	1½ cups	1½ cups
	9-13	1½ cups	2 cups
	14-18	2 cups	2½ cups
active	2-3	1 cup	1 cup
	4-8	1½ cups	1½ cups
	9-13	1½ cups	2½ cups
	14-18	2 cups	3 cups



It's Easy to Eat Your Fruits and Vegetables

Eating your fruits and vegetables is a lot easier than you might think. One cup-equivalent of most fruits and vegetables is the amount that would fit in a measuring cup if chopped, or about 2 handfuls. The exceptions are raw leafy greens (2 cups count as 1 cup) or dried fruit (1/2 cup counts as 1 cup).

For example, a 35 year-old fairly active woman would need 4 1/2 cups per day. The chart below shows what 4 1/2 cups might look like.

MORNING	1 large banana  1 cup	
MID-DAY	 1 cup 2 cups of lettuce count as 1 cup of vegetables	 1 cup 1 small apple
EVENING	 1 1/2 cups 1/2 cup broccoli	 1 cup sweet potato

Fruits and vegetables are only one component of a healthy diet. In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs, and nuts. It is also low in saturated fats, trans fats, cholesterol, salt, and added sugars.



The following examples count as 1 cup:

1 small apple

1 large banana

2 medium cantaloupe wedges

1 medium grapefruit

1 large orange

1 large peach

1 medium pear

2 large or 3 small plums

8 large strawberries

1 small watermelon wedge

2 small boxes of raisins or other dried fruit

3 spears of broccoli

1 cup of cooked greens or 2 cups raw
(spinach, collards, mustard greens, turnip greens)

2 medium carrots or 12 baby carrots

1 large sweet potato

1 large ear of corn

1 medium potato

2 large stalks of celery

1 large bell pepper

1 large tomato

1/2 can of beans

Body & Soul

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