



The Power of Fruits and Vegetables

Increasing the amount of fruits and vegetables in your diet is an easy way to improve your health while reducing your risk for heart disease, stroke and cancer. Consuming the recommended servings of fruits and vegetables in your diet may also help to control high blood pressure, cholesterol and prevent your risk for developing macular degeneration.

For maximum benefits, the American Cancer Society recommends that you eat 5-9 servings of fruit and vegetables per day. The amount of servings will vary slightly according to your age, gender and activity level.

What counts as a serving?

- 1 medium sized fresh fruit; apple, orange, etc.
- 1/4 cup dried fruit
- 1 cup fresh fruit or raw vegetables
- 1/2 cup canned or cooked fruits or vegetables; applesauce, canned beans, etc.
- 6 ounces or 3/4 cup 100% fruit juice or vegetable juice
- 1 medium fresh salad or 1 cup raw leafy vegetables



Helpful hints to help you increase your fruits and vegetables:

- Keep ready to eat raw vegetables in a clear container in the front of your refrigerator
- Serve raw veggies and fruit at each meal
- Keep a supply of fresh fruit on the table or counter for quick easy snacks
- Eat a variety of salads often
- Add vegetables to soups, stews, and homemade pizza
- Have dried fruit on hand for an energizing snack you can take anywhere
- Try one new way to prepare a vegetable (or fruit) per week
- Consider new ways to use fresh, frozen, canned or dried

