



Nutrition Week 1: Fruits & Vegetables

Nutrients and Health Benefits:

- ◆ May reduce risk for heart disease and certain types of cancers.
- ◆ Naturally low in fat, sodium, and calories.
- ◆ Sources of essential nutrients including potassium, dietary fiber, vitamin C, and folic acid.
- ◆ May be useful in lowering calorie intake.



Enjoy 5 a day!

- ◆ [MyPlate](#) recommends filling HALF your plate with colorful fruits and vegetables at every meal.

Tips to help you Eat Fruits:

- ◆ Cut up fruit before hand and take it with you.
- ◆ Keep a package of **dried fruit** in your desk or bag.
- ◆ Place in plain view so they are easily accessible.



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Tips to help you Eat Vegetables:

- ◆ Buy vegetables that are easy to prepare.
- ◆ **Baby carrots or celery sticks** make quick snacks.
- ◆ Try a fresh new vegetable each week.

- ◆ Look at Fruit recommendations [HERE](#)
- ◆ Look at Vegetable recommendations [HERE](#)