



Strive for 5 fruits and veggies every day

Fruits and vegetables are the foundation of a healthy diet—they provide you with essential vitamins, minerals and fiber. In fact, they should make up half your plate at each meal. While fruit and vegetable recommendations vary based on age, the general rule of thumb is for adults to eat at least 5 servings each day. Ensuring you're eating enough fruits and vegetables can help reduce the risk of chronic diseases such as heart disease and type 2 diabetes as well as obesity.

Try these tips to help add more fruit and veggie servings to your day!

Plan ahead — Make sure you have 5 servings readily available for the day. It can help to write down which fruits and veggies you're planning on eating at which meals. For example:

- **Breakfast:** Banana or strawberries (on your whole-grain cereal)
- **Snack:** Apple
- **Lunch:** Mixed green salad
- **Snack:** Sliced bell peppers and cucumber
- **Dinner:** Roasted broccoli as a side dish

Swap your spaghetti for a veggie — Spaghetti squash tastes delicious with pasta sauce. You can also use eggplant in lieu of lasagna noodles!

Store them front and center in your fridge, freezer or pantry to ensure you see them first, rather than the healthier foods.

Stash non-perishable fruit and vegetable products — like dried fruit, fruit cups or a can of 100 percent vegetable juice—in your desk at work.

Always keep fruit readily available. Fruits like apples, bananas, pears, peaches and plums can stay out on your counter.

Drink a smoothie — They can be a great way to get more servings of fruits and vegetables.

Don't have the time to cook a fresh vegetable as a side to dinner? Opt for frozen. They can be just as good for you as fresh. When fruits and vegetables are harvested, they begin to lose their nutrients. In some cases, frozen produce may actually have greater nutritional value as it is picked ripe and immediately frozen, which preserves the nutrients.

Eat fruit for dessert — If you're a dessert-after-dinner person, rather than indulging in your usual favorite like cake or ice cream, swap it for a fruit.

Boost your breakfast — Drink a glass of 100 percent fruit juice every morning, such as orange, pineapple or apple juice.

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