

# FEEL GOOD, LOOK GOOD WITH FRUITS AND VEGETABLES



## Eat fruits and vegetables to stay beautiful outside and in!

Outside, fruits and vegetables help:

- you control your weight.
- keep your skin clear and hair shiny.
- keep your eyes bright.

Inside, fruits and vegetables help:

- give you energy.
- keep your bowels regular.
- keep you healthy.

## Why do fruits and vegetables keep me looking and feeling my best?

Fruits and vegetables have fiber, nutrients and phytochemicals. "Phyto" is Greek for plant. Phytochemicals are "plant-chemicals" that affect what happens in our bodies. They may help to prevent cancer and other diseases.

***Eat at least 5 servings of fruits and vegetables each day.***

One serving is:

- 1 medium-sized fruit, such as an apple
- 1/2 cup chopped, cooked or canned fruit or vegetable
- 1 cup raw vegetable, such as lettuce
- 1/4 cup dried fruit, such as raisins
- 3/4 cup 100% juice

# Eat a variety of fruits and vegetables to get a variety of nutrients.

For example:

- Orange and dark green leafy vegetables are loaded with vitamin A.
- Citrus fruits are full of vitamin C.

Fruits and vegetables contain a variety of nutrients. They even have fiber and phytochemicals you can't get from vitamin pills.

## *Set your fruit and veggie goal!*

Write down one way you plan to eat more fruits and vegetables this week.

For example, "I'll have a piece of fruit for a mid-day snack on Tuesday and Thursday."

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