



Source: Produce
Foundation
for Better Health

> Consuming fruits and
vegetables may
be a useful
strategy
for weight
loss.

> Men and women consuming nine to 10
servings of fruits and vegetables per
day had a 20% lower risk of coronary
artery disease compared with those
consuming only two to three
servings per day.

> Diets incorporating fruits and
vegetables are an important first line of
defense against high blood pressure,
cardiovascular disease, and stroke.

> Eating fruits and vegetables reduces the risk for
a number of serious cancers including lung cancer,
ovarian cancer, esophageal cancer, and stomach and
bladder cancer.

> Fresh, canned, frozen, and dried fruits and
vegetables are a healthy substitute for snack foods that
are high in fat, calories, and salt.

> Eating fruits and vegetables may help prevent lung
diseases, and actually help improve lung functioning.

> The fiber and low caloric density of fruits and
vegetables may help prevent obesity.

> The folic acid found in many fruits are known
to help prevent birth defects like Spina Bifida.

> Fruits and vegetables are rich sources of
protective nutrients such as vitamin C and folic acid.

> There are literally stacks of studies confirming
the health benefits of consuming fruits and
vegetables on a regular basis. Studies have
shown that...

> Individuals who consume four to six
servings of fruit and vegetables a day
have a 40-60% lower risk of throat cancer
compared to those who consume only
1-2 servings of fruits and vegetables
daily.

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Fruit & Veggie Fast Facts

WELCOA'S
Health & Wellness
BROCHURES

Making Fruits And Vegetables

A Part Of Your

DIET

The Power of Fruits And Vegetables

Simply put, every step and action you take to eat more fruits and veggies can help you protect and preserve your health.

To be sure, eating a variety of fruits and veggies can help reduce your risk for serious diseases like heart disease and cancer. It's why the Dietary Guidelines for Americans recommends eating more fruits and vegetables than any other food group. Read on to discover why you need to add more of these nutritional powerhouses into your diet. You may just be surprised by the amazing preventive power of fruits and vegetables.

Fruits and vegetables provide important nutrients for improving health and preventing disease. Are you making them a part of your daily diet?

For More Information

U.S. Food and Drug Administration
www.fda.gov

U.S. Department of Agriculture
www.usda.gov

Academy of Nutrition and Dietetics
www.eatright.org

A P U B L I C A T I O N O F



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Fruits & Veggies

8 Great Benefits of

Eating For Life...

WELCOA'S
Health & Wellness
BROCHURES

Eat More Fruits & Veggies For Better Health



Getting More **Fruits & Veggies** On **Your Plate...**

In Three Easy Steps

Fruits and veggies are some of the fastest and simplest foods to cook with.

Eating right isn't always easy. Our lives are extremely busy, and sometimes just finding enough time to eat is difficult—let alone finding time to make sure our plate is filled with the right foods.

But have no fear. Below you'll find three strategies that will help you eat great throughout the day, no matter where you are, what your budget is like, or how much time you have. Let's take a look.

STEP #1: AIM TO FILL YOUR PLATE WITH FRUITS & VEGGIES

If you think about it, fruits and veggies are actually some of the fastest and simplest foods to cook and eat with. Below you'll find some ideas on how to fit fruits and vegetables into your daily eating routine.

Breakfast

Breakfast is a great time to add fresh or frozen fruit to your meal. Slice a banana or some strawberries on top of your usual bowl of cereal. You may also want to drink some fruit juice. Reach for 100% real fruit juice and make sure you keep the serving small—six ounces is plenty.

Lunch

Add a variety of veggies to your normal sandwich. Tomatoes, spinach, peppers, and onions are all great and tasty options. Or, replace your greasy potato chips with carrots and hummus.

Dinner

Plain and simple, seasoned vegetables are delicious, and they complement whatever lean meat or protein you have prepared for dinner. Don't have much time? Cooking up canned or frozen corn or green beans in the microwave is about as simple as it gets.

STEP #2: MAKE YOUR FRUITS AND VEGGIES WORK FOR YOU

Depending on what you buy and when, fresh fruits and veggies can be expensive. But they don't have to be. Check out these tips for saving big:

Be A Bargain Hunter

When learning how to shop smart for fruits and vegetables, you'll need to learn your prices. Once you have a good idea of what constitutes a good deal, you'll be able to load up on your favorite items. Don't forget, it helps tremendously if you can buy produce that's in season and local.

Freeze!

Once you learn to recognize a bargain, chances are you'll have too much produce to eat before it spoils. The solution? Just freeze it. There's nothing wrong with freezing fruit. It keeps very well and, in some cases, can make fruit even easier to work with. Additionally, consider refrigerating bananas, the skins may darken, but they'll last a few days longer.

Let It Grow

Looking for the ultimate money saving technique when it comes to eating more fruits and veggies? Grow a garden! Sure, there will be some expenses like seeds, water, and fertilizer, but the overall cost will be quite low. Plus, there's nothing quite like the feeling of eating homegrown food. Eat healthy and start a new hobby all at once!

STEP #3: BE PREPARED

There's no doubt that Americans are working harder, spending more time at work and also meeting busy home and social obligations. But this is no excuse to eat poorly—in fact, quite the opposite is true. The fact is that you can

still eat healthy and still consume a variety of fruits and veggies no matter where you are or how busy you may be.

Eating Away from Home

The key to getting more fruits and veggies—even when you're away from the house—is substituting. Just because your favorite restaurant has certain menu items, doesn't mean you have to stick to them. Try substituting fresh fruit for fries, or vegetables in place of potato chips.

Eating In The Car

Americans are spending more and more time in their cars—either commuting to and from work, or racing around running errands. To eat healthier when you're out and about, try keeping some dried fruit in your glove compartment, or bring something easy like cauliflower or grapes to snack on in between stops.

At Work

Most foods people consume at work come straight from the vending machine. And these foods, rather than being loaded with healthy vitamins and minerals, are packed with extra calories and loads of fat. The following tips can help you eat healthier when you're at the office.

- Bring fresh fruit for everyone at your next staff meeting, instead of bagels or donuts.
- Store dried fruits such as raisins in your desk. This way, there's no reason to hit the vending machine.
- Collect recipes for salads or other healthy dishes that are quick and easy to prepare.

Awesome Orange-Banana Smoothie

The following recipe is a delicious and healthy way to start your day!

INGREDIENTS

- 1 ½ cups 1% low fat lactose-free milk*
- 1 pint orange sherbet
- 2 ripe bananas, peeled, sliced
- 1 cup orange juice
- 2 tablespoons honey
- 12-14 ice cubes

*May substitute regular milk.

INSTRUCTIONS

In a blender, combine milk, sherbet, banana, orange juice and honey. Add enough ice to measure 6 cups in the blender. Process until smooth, scraping sides as necessary. Garnish with an orange slice and fresh mint if desired. Yields five, 8 ounce servings.

NUTRITIONAL INFORMATION (per serving)

Calories: 207, % Calories from fat: 10
Fat (g): 2, Saturated fat (g): 1, Cholesterol (mg): 7, Sodium (mg): 71, Protein (g): 4, Carbohydrate (g): 45, Calcium (mg): 145

Source: National Dairy Council

