More **fruits** and veggies!

Nothing compares to the taste of a fresh peach or a steaming baked potato. But fruits and vegetables don’t just taste good—they’re good for you, too! Making them part of your diet can be as easy as adding fruit to a bowl of cereal, or grated carrots and zucchini to pasta sauce.

Adding fruits and veggies to a healthy diet may:

- Improve your nutrition and lower the amount of calories you take in
- Reduce your risk for heart disease, including heart attack and stroke
- Protect against obesity, type 2 diabetes and certain types of cancers
- Lower blood pressure, reduce the risk of developing kidney stones and help to decrease bone loss

How much fruit and veggies are needed daily?

At mealtime, try to make half your plate fruits or veggies. That equals about 1 ½ to 2 cups of fruit and 2 to 3 cups of veggies every day.

To learn more, visit ChooseMyPlate.gov

See other side for the nutritional value of fruits and veggies
Nutritional value of fruits and veggies

Eating different kinds of fruits and veggies will provide you with many key nutrients. Here are some good sources of vitamin A, potassium, folate, vitamin C and fiber:

**VITAMIN A:** Keeps eyes and skin healthy and helps to protect against infections.
**Sources:** Carrots, apricots, squash, dark green and yellow vegetables

**POTASSIUM:** May help lower blood pressure, reduce the risk of developing kidney stones and help to decrease bone loss.
**Sources:** Bananas, prunes, cantaloupe, honeydew melon, sweet potatoes, white potatoes, beet greens, soybeans, lima beans, spinach, lentils, white beans and kidney beans

**FOLATE:** Helps the body form red blood cells.
**Sources:** Oranges, dried beans, peas, lentils, asparagus, beets, broccoli, Brussels sprouts and spinach

**VITAMIN C:** Important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
**Sources:** Oranges, grapefruit, strawberries, cantaloupe, tomatoes, red and green pepper, kiwi, broccoli, baked potatoes

**FIBER:** May help to reduce blood cholesterol levels and lower risk of heart disease; important for proper bowel function.
**Sources:** Most fruits and vegetables, beans and peas