

# Hurray for Fruits and Veggies!

August 2016
PEBTF
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#### Learning objectives

#### Hurray for fruits and veggies!

- Review dietary guidelines
- Understand health benefits of fruits and vegetables
- Learn about daily requirements and servings sizes
- Know which nutrients are in fruits and vegetables
- Learn how to add more fruits and vegetables to your diet
- Learn tips for adding more flavor



#### **Dietary Guidelines** for Americans

#### **Background:**

- The first addition of the Dietary Guidelines was released in 1980
- Dietary Guidelines are reviewed, updated, and published every 5 years
- New Dietary Guidelines published this year

# According to the Dietary Guidelines there are 3 major goals:



Balance calories with physical activity to manage weight



Consume more of certain foods and nutrients such as **fruits**, **vegetables**, whole grains, fat-free and low-fat dairy products, and seafood



Consume fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains



# MyPlate food groups

- Use to guide healthy eating
- Plate image shows which portion sizes of food groups to eat
- Make half of your plate fruits and vegetables!





Plenty of health benefits

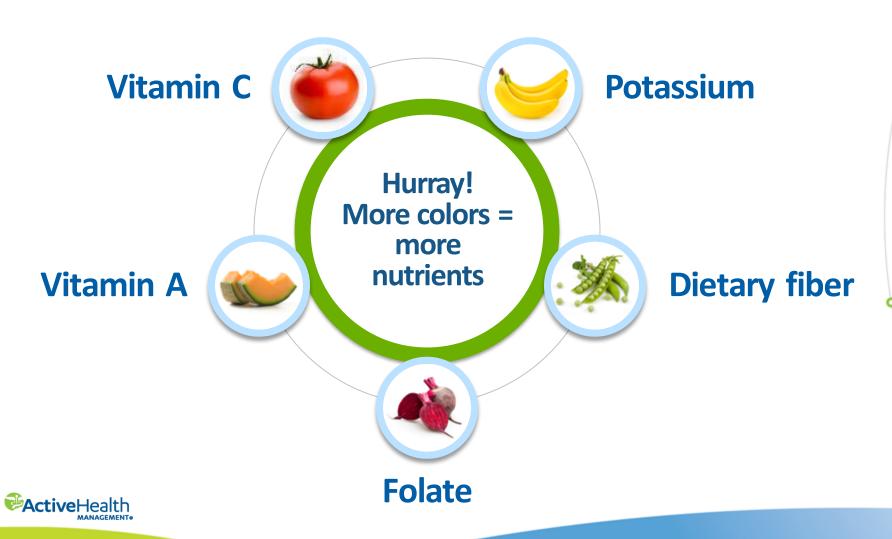
May reduce risk for heart disease, heart attack, stroke May reduce risk for obesity and type 2 diabetes

May protect against certain cancers

Low in fat, sodium, and calories

Provides
vital nutrients
for your
health



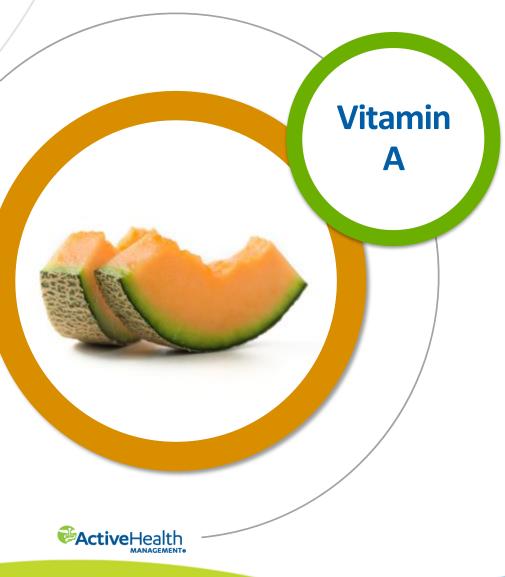




Important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy

#### **Sources:**

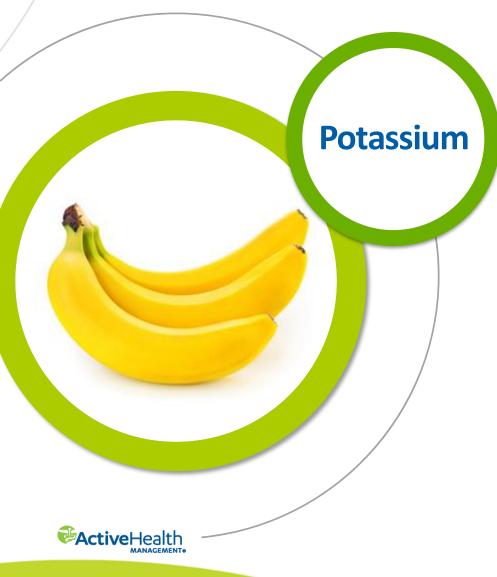
Oranges, grapefruit, strawberries, tomatoes, broccoli



Keeps eyes and skin healthy and helps to protect against infections

#### **Sources:**

Carrots, squash, dark green and yellow vegetables, cantaloupe



May help lower blood pressure, reduce the risk of developing kidney stones, and help to decrease bone loss

#### **Sources:**

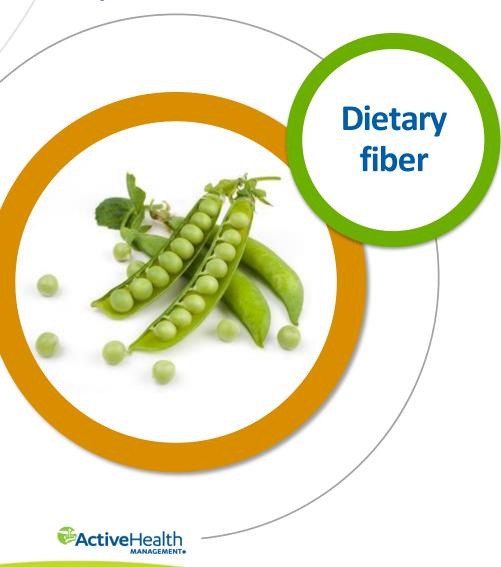
Bananas, prunes, sweet and white potatoes, beet greens, lentils



A type of B vitamin that helps the body form red blood cells

#### **Sources:**

Lentils, asparagus, beets, Brussels sprouts, broccoli



May help to reduce blood cholesterol levels and may lower risk of heart disease; important for proper bowel function

#### **Sources:**

Beans, peas, other veggies and fruits

#### How much is needed?





1 ½ - 2 cups



Men

2 cups



Hurray! Choose 5 a day!



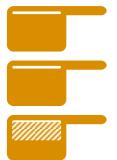
#### Women

2 - 2 ½ cups



#### Men

2 ½ - 3 cups





#### **ActiveTrivia**

How many adults do not meet the daily recommendations for fruit and vegetables?



A. <10%

B. 11-40%

C. 41-70% D. 71-100%

Most Americans are not meeting the daily recommendations for fruit and vegetable intake!



#### What counts as a cup of fruit?



1 cup grapes (about 32)



1 small apple (2.5" diameter)



½ cup raisins



1 cup 100% fruit juice



1 cup strawberries



# What counts as a cup of vegetables?











2 cups leafy greens

1 cup cooked greens

1 cup baby carrots

1 cup cooked beans

1 cup cucumber



#### Fruits and vegetables: fresh, frozen, or canned?

#### **Fresh**

- Sometimes cheaper in season
- Taste preference
- Freeze extra before spoiling

#### Frozen

- Picked at the peak of ripeness
- Easy to prepare
- Longer storing time
- Make sure no added sugars/sauces

#### **Canned**

- Vegetables or beans usually have added sodium
  - Rinse off before eating
- For canned fruit, pay attention to added sugars and syrups





# Smart shopping for fruits and vegetables

- Buy fruits and veggies in all forms fresh, canned, or frozen
- Search for items on sale look at the store circulars, local newspapers or online
- 3. Try to buy fresh produce when it's in season
- 4. Plant your own garden!
- 5. Keep it simple foods cost much less when purchased in their basic forms

# How Much Produce \$10?

The USDA's MyPlate recommends that we fill half our plates with all forms of frults and vegetables, or about 2.5 cups of vegetables and 2 cups of fruit each day. Using a combo of fresh, frozen, and canned produce, you can get 3 extra servings of fruits and veggles compared to buying only fresh!





- 1 Based on average prices. Actual prices will vary throughout the year based on location, seasonality, discounts, and other factors.
- 2 Combination bag contents include frozen peas, fresh green beans and pears, and canned corn, peaches, and tomato.









- Keep a bowl of fruit within easy reach
- Keep dried fruit on hand
- Microwave to quickly cook veggies
- Buy a variety of frozen vegetables
- Buy packaged, ready-to-eat fresh vegetables and fruits



- Dip in low-fat salad dressing, hummus, or peanut butter
- Toss with low-fat Italian dressing and parmesan cheese
- Roast in oven with a drizzle of olive oil to bring out flavor
- Season with lemon juice, olive oil, fresh herbs
- Try baked apples/pears topped with cinnamon & honey





- Fire up the grill
- Expand the flavor of your casseroles
- Planning something Italian?If so, add extra veggies to your dishes
- Get creative with your salad
- Salad bars aren't just for salads eat items from here for your dessert
- Get in on the stir-frying fun
- Add them to your sandwiches
- Be creative with your baked goods
- Liven up an omelet



- Mix sliced fruit or frozen berries with yogurt or cereal
- Add apple chunks, pineapple, grapes or raisins to tuna or chicken salad
- Make fruit smoothies
- Add dried or fresh fruit to oatmeal, pancakes and waffles
- Add lots of colorful vegetables to green salads
- Top salads with dried cranberries or raisins
- Add extra vegetables to main dishes
- Add lots of vegetables to sandwiches



- Buy in bulk when items are on sale
- Buy small amounts frequently
- Purchase in-season fresh vegetables and fruits
- Opt for store brands when possible
- Plant your own



- Keep track
- Set a goal
- Add just one extra serving a day

# Ways to add more fruits and vegetables



- Keep visible reminders
- Think about variety
- Be a good role model
- Include fruit at breakfast
- Try fruit at lunch
- Experiment with fruit at dinner, too
- Snack on fruits



- Discover fast ways to cook
- Be ahead of the game
- Check the freezer aisle
- Make your garden salad glow with color
- Sip on some vegetable soup
- While you're out, ask for an extra side of veggies
- Try something new



#### Setting a S.M.A.R.T. goal

Specific — Ask who, what, where, when, why

Measurable

Attainable/Achievable/Action-Based

Realistic

Timely

Set a timeframe to meet the goal

Ask who, what, where, when, why

How much, how many, how long, how often



#### Summary



- Eat about 5 a day!
  - Fruits and veggies have important health benefits
    - Apply the tips to help you eat more fruits and vegetables

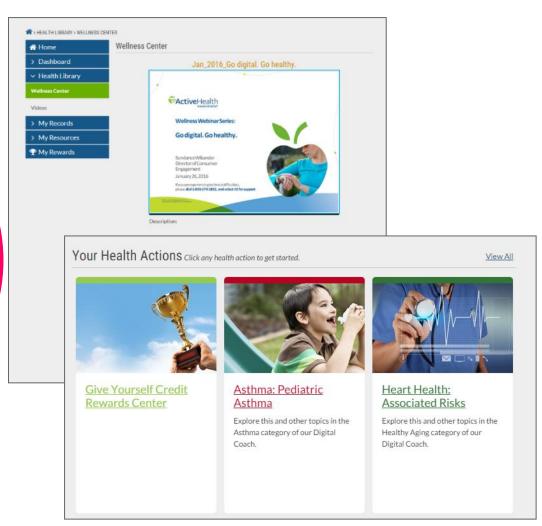
choosemyplate.gov
for more information
on fruits and vegetables
and to learn more
about the other
food groups!

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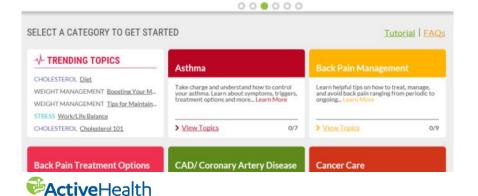
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# Thank you!















