






Recommendation

- Eat at least 7 servings of vegetables and fruit every day.
- Vegetables: Eat at least 4 servings of vegetables per day
- Fruit: Eat 2-4 servings of fruits per day

What is a serving?

- 1 vegetable serving:
 - 1 cup of salad or leafy vegetables, ½ cup fresh or frozen vegetables
- 1 fruit serving:
 - 1 piece of fresh fruit, ½ cup mixed fruit, ½ cup (125 mL) fruit juice

1 medium size fruit = tennis ball	½ cup fresh, frozen, canned = measuring cup	1 cup salad = fist
		

Variety and colour!

- Try to eat a variety of vegetables and fruit... the brighter the colour the better!
- Eat at least 1 dark green and 1 orange vegetable each day, such as:
 - Spinach, broccoli, asparagus, peas
 - Green/ red/ orange peppers
 - Sweet potatoes, carrots, squash

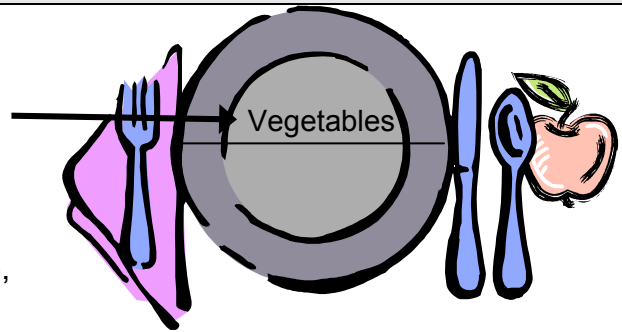


- Choose bright coloured fruits, such as:
 - Oranges and citrus fruits
 - Berries
 - Watermelon
 - Cantaloupe
 - Mangoes



Tips to increase your intake of vegetables and fruit

- Add fruit to your breakfast cereal
- At lunch and dinner, fill ½ of your plate with vegetables. Finish your meal with a fruit.
- Add vegetables to your favourite foods. Shred carrots or zucchini into casseroles. Include chopped vegetables in pasta sauce, lasagna or on pizza.
- Throughout the day, snack on vegetables and fruit.
- Keep a bag of pre-cut vegetables in the refrigerator with some low-fat dip for easy snacking anytime.



The link between fruits & vegetables and heart disease reduction

- **Fibre!**
 - Vegetables and fruit are good sources of dietary fibre. There are 2 kinds of fibre: soluble and insoluble.
 - Soluble Fibre
 - Reduce LDL cholesterol (bad cholesterol)
 - Improve blood sugar control in people with diabetes or pre-diabetes
 - Vegetables and fruits (especially apples, pears, oranges and strawberries) are high in soluble fibre.
 - Insoluble Fibre
 - Promote bowel regularity
 - Help with some conditions of the colon
 - Vegetables and fruits also contain insoluble fibre (ex. potatoes with skin, pears, kiwi and broccoli).
 - To get the highest amount of fibre, eat the edible skins of vegetables and fruit.
 - Have vegetables and fruit more often than juice. Juice contains less fibre, is higher in sugar and calories, and is less filling. When you consume juice, choose the ones that are 100% pure.
- **Antioxidants!**
 - Dietary antioxidants are found in fruits and vegetables.
 - They reduce the chances of developing heart disease.
 - Research shows that eating vegetables and fruits high in antioxidants can lower your risk of heart attack and stroke.
 - The more colourful the vegetable and fruit, the more antioxidants it offers!
 - Supplements don't really help and may actually increase the risk of heart disease. You can't depend on supplements to supply what whole foods give you.



