

Overeating is a constant concern, yet it is surprising how few people actually consume enough fruits and vegetables per day. According to American Dietetic Association, a mere 20-30% of Americans consume the minimum requirement on a daily basis.

Aim for at least 5 servings of fruits and veggies per day!



EAT MORE!!!

Fruits and Vegetables

Try using some of the simple recipes at [www.dole5aday](http://www.dole5aday.com)
www.cdc.gov/nccdphp/dnpa/5aday/
to make getting 5-a-day easy!

University of Dayton
Dining Services

Wylan Ganote RD/LD

Prepared By Mary Hicks
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Email Questions to :
Wylan.Ganote@notes.udayton.edu





If you are anything like the average person, you are sick of



hearing this same old cliché message: 'eat more fruits and vegetables.' However, the importance of this cannot be emphasized enough. More than any vitamin supplement or diet pill you could take, fruits and vegetables have been scientifically proven time and time again to aid in cancer prevention, weight loss, heart health, hypertension prevention, immunity, and more - the list of benefits is endless! Knowing all of this, it is hard to understand why the majority of people are

still too stubborn to just give in and eat 5-a-day.



	Benefits	Fruit and Veggie Sources
Vitamin A	Promotes healthy eyes, skin, and bones. Aids with hormone synthesis (Deficiency may result in night blindness, poor teeth and bone growth, and diarrhea.)	Apricot, cantaloupe, mango, watermelon, sweet potato, carrots, tomatoes, chili peppers, collards, spinach
Vitamin C	Helps wounds heal faster, prevents disease (antioxidant), and resists infection. (Deficiency may cause anemia, weakness, propensity for colds and infections.)	Citrus fruit, broccoli, tomatoes, melons, dark green leafy vegetables, cabbage, strawberries, potatoes
Vitamin B6	Aids in protein and fat metabolism, forms red blood cells, and promotes a healthy nervous system.	Legumes and green leafy vegetables
Folate	Helps form new cells.	Legumes, green leafy vegetables, and beans
Vitamin E	Enhances immunity (an antioxidant to prevent cancer).	Green leafy vegetables
Fiber	Slows digestion (keeps you full for longer!), lowers cholesterol, prevents high blood sugar, aids excretion, prevents colon cancer.	Apples, blackberries, raspberries, grapes, grapefruit, oranges, broccoli (almost all fruits and veggies contain at least some fiber)

At Home

- always have a bag of baby carrots stocked on the top shelf of your fridge
- buy frozen vegetables, so you don't have to worry about spoilage (just pop them in the microwave when you are ready to eat!)
- add frozen vegetables to casseroles and rice (it's easy AND adds flavor)
- freeze fruit as it goes bad and blend it up to make smoothies
- strawberries and cool whip make a great dessert!



At the Cafeteria

- always get at least one vegetable serving
- make yourself a salad to start out the meal (that way you fill up on the healthy stuff and have less room for the not-so-healthy stuff)
- add a tomato slice, lettuce, and onions to your hamburger
- make your tray as colorful as possible (more color means more variety and more variety usually means more fruits and vegetables!)

At the Fast Food Joint

- try to substitute a side salad for French-fries
- keep the tomato and lettuce on the burger
- try switching from grilled chicken sandwich to grilled chicken salad
- go to Subway and get as many vegetables on that sandwich as you can handle (no extra cost and very few extra calories!)
- some restaurants now offer fruit on the menu - look into this!

