



Eat plenty of veggies & fruit

Vegetables and fruit are excellent sources of vitamins, minerals, dietary fiber, and plant chemicals (phytochemicals) for good health.



Eating a variety of vegetables and fruit may lower the risk for certain diseases and help manage many chronic conditions, such as heart disease, high blood pressure, diabetes, certain types of cancer, and more.

Aim to eat at least 5 to 9 servings a day. Choose ones of different colors for a wide range of nutrients. For example, try to eat a dark green leafy vegetable, such as spinach, broccoli, kale, several times a week. When choosing fruits, focus on whole fruit rather than fruit juice for more fiber.

The amount of fruit and vegetables you need depend on your age, sex, height, weight, and physical activity. Find the right amount for you by visiting myplate.gov.