

**1** Let your cup runneth over with fruits and veggies to protect yourself from chronic diseases, such as stroke, type 2 diabetes, and certain cancers.

**2** Choose fruits and veggies over higher-calorie snacks and desserts to help you lose weight and keep it off.

**3** Yes, canned, frozen, and dried fruits and veggies count toward your goal. Look for ones without added sugar, syrups, salt, butter, or cream sauces.

**4** Juice vs. fruit: 100% juices are okay, but they lack fiber and are less filling than fruit. If you have a choice, grab an apple.



Wellthier by  
the Dozen™

# 12 Terrific Tips to COLOR YOUR DIET

## WITH FRUITS AND VEGGIES

**5** Vegetables & fruits are great sources of many nutrients that people don't often get enough of.

**6** Protect your eyes and skin with sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, red peppers, and cantaloupe.

**7** Reach for white beans, beet greens, lentils, bananas & cantaloupe to help maintain healthy blood pressure.

**8** Eat fruits and veggies rich in vitamin C, such as oranges, kiwi, green peppers, and cauliflower, to help heal cuts and keep gums and teeth healthy.

**9** If you're pregnant, foods rich in folate, such as cantaloupe, cooked spinach, and asparagus may reduce your risk of having a child with a brain or spinal cord defect.



**11** Dietary fiber from vegetables helps reduce blood cholesterol levels and may lower risk of heart disease.



**10** Spice up meals with fruits & veggies. Add blueberries to pancakes, red peppers to soups, and chopped tomatoes to a favorite macaroni dish.

**12** Add berries and/or banana slices to nonfat yogurt for a refreshing yogurt smoothie.

