

## Top 10 Reasons to Eat MORE Fruits & Vegetables

- 10 Color & Texture.** Fruits and veggies add color, texture, and appeal to your plate.
- 9 Convenience.** Fruits and veggies are nutritious in any form – fresh, frozen, canned, and dried – so they're ready when you are!
- 8 Fiber.** Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
- 7 Low in Calories.** Fruits and veggies are naturally low in calories.
- 6 May Reduce Disease Risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- 5 Vitamins & Minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- 4 Variety.** Fruits and veggies are available in almost infinite variety...there's always something new to try!
- 3 Quick, Natural Snack.** Fruits and veggies are nature's treat, and easy to grab for a healthy snack.
- 2 Fun to Eat!** Some crunch, some squirt, some peel, some don't, and some grow right in your own backyard!
- 1 Fruits & Veggies are Nutritious AND Delicious!**



For more information, visit our website:

[www.letsogulfcoast.org](http://www.letsogulfcoast.org)

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*Let's Go! Gulf Coast* is a Program of the MS Gulf Coast Youth Health Coalition, a Fund of the Gulf Coast Community Foundation



# Eat at Least 5 Fruits & Vegetables EVERY DAY!



# Did You Know?

Fruits and vegetables are lower in calories per cup than other higher-calorie foods. This means they may be useful in helping to lower calorie intake.

Eating fruits and vegetables as part of an overall healthy diet may reduce the risk of heart disease, high blood pressure and stroke, obesity, and type 2 diabetes. Eating fruits and veggies can protect against certain types of cancers, reduce the risk of developing kidney stones, and decrease bone loss due to osteoporosis.

A diet rich in fruits and vegetables provides vitamins and minerals, which are important for supporting growth, development, and optimal immune function.



## Ready, Set, Go!

### Try It!

- Try the three bite rule! Offer new fruits and veggies different ways and try at least three bites each time. It can take 7 to 10 tries before you like a new food!
- Many fruits and veggies taste great with a dip or dressing. Try a low-fat salad dressing, Greek yogurt, or peanut butter.
- Make a fruit smoothie with low-fat or Greek yogurt, ice, and fruit!

### Mix It!

- Add fruits and veggies to foods you already make, such as pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, oatmeal, pancakes, and other breakfast foods.
- Have at least one veggie at every meal.

### Slice It!

- Wash and chop veggies and fruits, then keep them in containers in the fridge, so that they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones, so enjoy veggies fresh or lightly steamed.

## Tips To Try

### Offer Non-Food Rewards.

- Have your family put together a list of fun, non-food rewards that don't cost much. Post it where the whole family can see it.
  - Examples: playing outdoors, a family game night, going to a ball game, buying a new book, extra reading time before bed.

### Put Limits on Juice.

- Juice products labeled “-ade,” “punch,” or “drink” often contain mostly corn syrup sweetener and less than 5% real juice. The only difference between these “juices” and soda is that they're fortified with Vitamin C.
  - Always try to choose whole fruits over juice.
  - If you choose to serve juice, use 100% juice.
- Make changes slowly by adding water to your child's juice.

### Be a Role Model.

- Snack on fruits and veggies.
- Have the whole family help plan healthy dinner meals.
- Serve and enjoy veggies prepared in different ways: raw, steamed, grilled, etc.

