


Eat Smart Move More

Orange County

Eat Smart, Move More Health Tip




Enjoy More Fruits and Veggies

What are low in calories, full of essential nutrients and can help reduce your risk for chronic diseases? Fruits and vegetables! Make fruits and vegetables half your plate at every meal and for every snack. Fresh, frozen, dried, canned—it all counts. Shake things up by enjoying a variety of colors to stay healthy and fit. Your body will thank you.

For more tips on how to eat your fruits and veggies every day where you live, learn, earn, play and pray, visit

www.EatSmartMoveMoreNC.com



This message brought to you by

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Key Messages

- Fruits and vegetables in their natural state are low in calories and fat.
- Choose fruits and vegetables for snacks and meals.

Objectives

Participants will be able to:

1. State why fruits and vegetables are good choices for weight loss and weight maintenance.
2. Identify ways to easily add fruits and vegetables to their daily diet.

Suggested Strategies

1. Share with participants the educational materials provided to show them how to enjoy more fruits and vegetables in their daily diets.
2. Present to families a new healthy recipe each week and encourage them to try different food preparation techniques to discover new tastes.
3. Serve more fruits and vegetables at meetings and gatherings; or bring fresh produce to your setting.



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Use the following materials to communicate messages about enjoying more fruits and vegetables. Documents provided are reproducible and can be modified to meet the needs of your organization or audience.

★ *Starred handouts are available in Spanish*

- **12 Ways to Enjoy More Fruit** – This handout gives basic tips on how to enjoy more fruit in your daily diet.
- **12 Ways to Enjoy More Vegetables** – This handout gives basic tips on how to enjoy more vegetables daily.
- **Choosing More Fruits and Vegetables** – Use this handout to encourage individuals to maximize the health benefits from fruit and vegetables by eating a rainbow of colors. ★
- **Fix Vegetables with the Most Flavor** – This handout presents five easy ways to prepare vegetables with flavor and texture to be enjoyed. ★
- **Pick Vegetables with the Most Nutrition** – This handout describes five ways to pick vegetables that are packed with nutrition and flavor, whether they are fresh, frozen, canned, dried, or juiced. ★
- **I Will Eat More Fruits and Veggies** – An empowering poster reminding us to eat more fruits and vegetables so we will feel great. ★

