

# RIGHT BITE

YOUR NEWSLETTER  
FOR BETTER EATING

CHOOSE TO TREAT YOURSELF RIGHT | FCS541



## TREAT YOURSELF

Fruits and vegetables provide nutrients for a healthy body. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a lower risk of some diseases such as heart disease, type 2 diabetes and certain cancers. A diet high in fruits and vegetables may decrease bone loss and reduce the risk of developing kidney stones. Eating foods such as fruits and vegetables that are low in calories instead of other higher-calorie foods can lower total calorie intake.

## DID YOU KNOW?

Only about 1 in 4 adults eats the recommended amount of fruits and vegetables per day. Only 1 in 5 children eats the recommended amount.

## PICKING PRODUCE

Select fresh produce that is crisp, plump, bright-colored and is still heavy (still full of water).

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## ADD MORE TO YOUR DIET

Here are a few easy ideas to add more fruits and vegetables into your day.

- ✦ Add fruit to your cereal.
- ✦ Snack on fruit during the day. Grab an apple, banana, or some grapes on your way out the door.
- ✦ Eat a big salad for lunch.
- ✦ Make fruits and vegetables about half of your plate.
- ✦ Snack on raw veggies with a healthy low-fat or fat-free dip.
- ✦ Have two vegetables with dinner and eat fruit for dessert.



## KNOW YOUR NUMBERS

In order to eat the proper amount of fruits and vegetables, it's important to know how much you need each day. The charts below reflect daily needs.

### GIRLS

AGE	FRUITS	VEGETABLES
12-23 months	1/2-1 cup	2/3-1 cup
2-4 years	1-1.5 cups	1-2 cups
5-8 years	1-2 cups	1.5-2.5 cups
9-13 years	1.5-2 cups	1.5-3 cups
14-18 years	1.5-2 cups	2.5-3 cups

### BOYS

AGE	FRUITS	VEGETABLES
12-23 months	1/2-1 cup	2/3-1 cup
2-4 years	1-1.5 cups	1-2 cups
5-8 years	1-2 cups	1.5-2.5 cups
9-13 years	1.5-2 cups	2-3.5 cups
14-18 years	2-2.5 cups	2.5-4 cups

### WOMEN

AGE	FRUITS	VEGETABLES
19-30 years	1.5-2 cups	2.5-3 cups
31-59 years	1.5-2 cups	2-3 cups
60+ years	1.5-2 cups	2-3 cups

### MEN

AGE	FRUITS	VEGETABLES
19-30 years	2-2.5 cups	3-4 cups
31-59 years	2-2.5 cups	3-4 cups
60+ years	2 cups	2.5-3.5 cups