Eat more fruits and vegetables

One of the best ways to improve your diet, get healthy, and begin to feel energized is by eating more fruits and vegetables! Not only are they the lowest calorie foods available, they’re packed with vitamins, minerals and disease fighting compounds. With such a wide variety of fruits and vegetables available, you’ll be getting in your servings in no time! This week, one of your goals will be to increase the amount of fruits and vegetables you are eating. Remember, the greater variety color of vegetables and fruits you eat, the more protective compounds you put into your body. And the protection you receive from eating one color is generally different but complimentary to that of other colors. This fruit and veggie resource guide will provide you with tips and strategies to begin to incorporate more into your diet right away. Remember, eating fruits and veggies doesn’t just happen; it is up to you to make it happen! Plan a trip to a grocery store near campus and stock up, you’ll be better equipped to meet your goals this week.

What is a serving?

A serving of vegetables is ½ cup cooked or 1 cup raw vegetables. A serving of fruit is 1 medium fruit, ½ cup 100% fruit juice or ¼ cup dried fruit. 1 cup is about the size of a fist or tennis ball. A ½ cup is about half of a tennis ball. ¼ cup is about the size of a golf ball. All types of vegetables are good for you, but try to choose mostly non-starchy vegetables throughout the day. All types of fruit count as well, but whole fruit is more nutritious than fruit juice. Watch out for added sugar with fruit, especially in juice, dried fruit, and canned fruit. Also, when considering a healthy plate, try to make half your plate fruits and vegetables at each meal!

FACT: All students should eat 5-9 servings of fruits & vegetables each day!

GOAL: To improve health and fitness by eating more fruits & vegetables & increase daily steps.

OBJECTIVE: Record fruits & vegetables eaten & daily steps accumulated each day.

This week’s prize drawing is: Smoothie Maker!

PRIZE TICKET OPPORTUNITIES:
[1] Record fruits and vegetables eaten each day
[2] Record steps each day
How will you get your servings each day?

It may seem next to impossible to get 5-9 servings of fruits and vegetables each day, but it’s really not! All it takes is a little planning, and having fruits and vegetables readily available. As the sample plan below illustrates it isn’t difficult to start eating healthier today!

<table>
<thead>
<tr>
<th>Sample plan for incorporating fruits and vegetables (small)</th>
<th>Sample plan for incorporating fruits and vegetables (large)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>1/2 large banana</td>
<td>1 large banana</td>
</tr>
<tr>
<td>1 serving</td>
<td>2 servings</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>1 slice of tomato, 1 medium apple</td>
<td>1 sliced tomato, 1 medium apple</td>
</tr>
<tr>
<td>1 serving</td>
<td>2 servings</td>
</tr>
<tr>
<td>Snack</td>
<td>Snack</td>
</tr>
<tr>
<td>1 cup baby carrots</td>
<td>1 cup baby carrots</td>
</tr>
<tr>
<td>1 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>Dinner</td>
<td>Dinner</td>
</tr>
<tr>
<td>1/2 cup cooked green beans</td>
<td>1 cup cooked green beans</td>
</tr>
<tr>
<td>1 cup spinach salad</td>
<td>2 cups spinach salad</td>
</tr>
<tr>
<td>2 servings</td>
<td>3 servings</td>
</tr>
<tr>
<td><strong>Total servings = 5!</strong></td>
<td><strong>Total servings = 9!</strong></td>
</tr>
</tbody>
</table>
## Healthy Sleuth: Fruits and Vegetables on IU Bloomington campus

### The Restaurants at Woodland

- **A Cut Above**
  - Vegetable sides such as green beans, grilled or steamed asparagus, roasted cauliflower, honey dilled carrots, California blend, or sautéed Chinese peapods

- **Caliente**
  - Vegetable toppings such as baby arugula, mango, roasted red peppers and vegetable slaw

- **bloomberry**
  - Freshly made juices such as carrot, orange, and banana juice or “What’s up Doc” fruit/carrot smoothie

- **Romaine**
  - Made to order salads with a variety of choices including, but not limited to, romaine lettuce, spinach, carrots, grape tomatoes, cauliflower, sprouts, broccoli, and artichokes

### Wright and Gresham Food Courts

- **eat right**
  - Baked sweet potatoes daily, variety of rotating vegetables such as California blend, green beans provencale, and oven roasted carrots.

- **Pacific Rim**
  - Stir fry vegetables such as broccoli, cabbage, water chestnuts, carrots, mushrooms, and peas

### Don’t forget the fresh salad bars at both of these locations for fresh fruit and vegetable options! Also, there is a breakfast bar from 7-10 am that has fresh berries, melon, and/or grapes!

### Collins

- Hot vegetable sides offered Monday-Thursday at lunch and dinner. Fridays lunch only. Veggie/fruit cups sold at café.

### Eigenmann

- Vegetable sandwich toppings, veggie cups at C-store, daily hot vegetables (green beans, corn, vegetable blends)

### Wilkie and C-Stores/Cafes

- Vegetable and fruit cups, prepackaged salads

### McNutt

- Fresh salad bar, veggies in soups, weekly presentations such as Pastabilities, Wok this Way stir-fry, and Fajitaville (build your own w/veggies), omelettes (add veggies to). Veggie/fruit

### Union Street

- Fresh salad bar, veggie/fruit cups, veggies at hot bar, hot bar items containing vegetables, and soups with vegetables
10 Reasons to get fruits and vegetables in your diet

[1] Taste Great. Fruits and veggies are some of the lowest calorie foods you can eat!
[2] Low in calories. Fruits and vegetables may help reduce the risk of many diseases such as heart disease, high blood pressure, and some cancers!
[3] Cut disease risk. Eating a diet high in fruits and vegetables may help reduce the risk of many diseases such as heart disease, high blood pressure, and some cancers!
[4] Vitamins and Minerals. Fruits and vegetables are rich in vitamins such as Vitamin A and Vitamin C and minerals such as potassium, just to name just a few!
[5] Fiber. Fruits and vegetables contain fiber that helps to keep you full and maintain a healthy digestive system!
[6] Quick Snacks. Grab an apple... fruits and veggies make the easiest snacks to grab and go!
[7] Variety. There are so many different fruits and vegetables to try. Eating them never gets boring!
[8] Color and Texture. Fruits and veggies make your plate beautiful and the variety of textures and colors are naturally appealing to the senses!
[9] Convenience. Fresh, frozen, canned or dried... as a busy college student the convenience can’t be beat!
[10] They’re Fun to Eat!

How Many Colors Can You Eat?

Read through the following list of fruits and vegetables and circle the types that you want to try this week. Use this sheet at the grocery store to help buy what you need. Go for as many different colors as possible! Keep the fruits and veggies you buy out where you can see them – that way, you’ll be more likely to eat them! Remember to eat the skin whenever possible. Most of the disease fighting compounds are found in the color!

More Color = More Variety = Better Health!

<table>
<thead>
<tr>
<th>Sweet Potato</th>
<th>Tomatoes</th>
<th>Cauliflower</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Bananas</td>
<td>Brussel Sprouts</td>
</tr>
<tr>
<td>Grapes</td>
<td>Cherries</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Broccoli</td>
<td>Peas</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Carrots</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Mango</td>
<td>Corn</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Blueberries</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Raspberries</td>
<td>Pears</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Acorn</td>
<td>Spaghetti</td>
</tr>
<tr>
<td>Spinach</td>
<td>Oranges</td>
<td>Red Pepper</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>Kale</td>
<td>Green Pepper</td>
</tr>
</tbody>
</table>
9 Easy Ways
to get your fruits and vegetables!

[1] Eat at least one serving of fruit every day at breakfast.
[3] Have a serving of fruit or vegetables for a snack in the morning or afternoon.
[4] Fill up half of your plate with vegetables at dinner.
[6] Have one meatless meal this week – use beans instead. They’re cheap too!
[7] Have a large salad for lunch (use dressing on the side to limit excess calories).
[8] If you eat out, ask for extra vegetables with your order.
[9] While you are studying, snack on fruits and vegetables instead of other foods.

This week,
try the suggestions to the right and begin to increase the amount of fruits and veggies in your diet!

DID YOU KNOW?

“After the age of two, 97% of Americans do not eat 1 ½ cups of vegetables per day. Of the 3% who do, one quarter of these vegetables are French fries.” – ACS 5 A Day Campaign

GROCERY STORES NEAR CAMPUS

**Bloomingfoods:**
Kirkwood Ave. – 0.9 miles
E. 3rd St. – 1.3 miles
W. 6th St. – 1.3 miles
614 E 2nd St. – .5 miles

**Sahara Mart:**
E 2nd St. – 1.1 miles
E 3rd St. – 1.2 miles

**Marsh:**
Kingston Dr. – 1.1 miles

**Kroger:**
S. College Ave. – 1.3 miles

**Aldi:**
2005 Liberty Dr. – 5.6 miles

Fresh? Frozen? Canned?

There is a lot of hype out there that fresh produce is the only way to go in order to maintain nutrients with fruits and veggies.

In reality, all varieties can be good for you. Just look at labels to watch out for added sugar or salt. Check out the link to this video to learn more about fresh versus frozen veggies.

[Frozen vs Fresh Video](#)
Fruit is an **EASY** way to save calories and add nutrition!

| ONE 6oz brownie | 9 oranges! |
| ONE glazed donut | 1 whole cantaloupe! |
| ONE pint gourmet ice cream | 15 apples! |
| ONE banana nut muffin | 7 bananas! |
| ONE 6oz slice of cake | 200 whole strawberries! |
| ONE package Skittles | 150 grapes! |

**Fruit and Vegetable Resources**

Want to know more about eating healthy? The following list of additional resources can provide you with further information on creating a healthy diet and eating more fruits and vegetables.

**U.S. Department of Agriculture (USDA):**
www.mypyramid.gov

**American Heart Association:**
www.americanheart.org

**Centers for Disease Control and Prevention:**
www.fruitsandveggiesmatter.gov