



## FRUITS AND VEGGIES—MORE MATTERS

### What is a serving?

A typical portion is often more than one serving. A large salad, for example, can add up to 2 to 3 servings. One serving of fruits and vegetables should fit within the palm of your hand. It's a lot smaller than most people think.

### Why do we need to eat more fruits and vegetables?

Research proves that fruits and vegetables are critical to promoting good health. In fact, fruits and vegetables should be the foundation of a healthy diet. Most people need to double the amount of fruits and vegetables they eat every day.

### How do fruits and vegetables fight to protect your health?

Fruits and vegetables are packed with essential vitamins, minerals, fiber, and disease-fighting phytochemicals. Because of this, eating a variety of fruits and veggies everyday can help reduce your risk of: heart disease, high blood pressure, type II diabetes, and certain cancers.

### For more information,

For information on the Sedgwick County Health Department call 660-7300. Or visit the Sedgwick County website at [www.sedgwickcounty.org](http://www.sedgwickcounty.org).

### Examples of One Serving of Fruits and Vegetables:

- A serving is a medium-size piece of fruit (an orange, small banana, medium-size apple)
- ¾ cup (6 fl. oz.) of 100 percent fruit or vegetable juice
- ½ cup cooked or canned vegetables or fruit
- 1 cup of raw leafy vegetables
- ½ cup cooked dry peas or beans
- ¼ cup dried fruit

### Does an apple a day keep the doctor away?

Not necessarily, but there are many benefits from eating apples:

- One apple supplies about 20 percent of the daily fiber recommendation.
- The fiber in an apple helps reduce cravings for sweet and salty snacks.
- Apples are high in Vitamin C and Potassium.
- One medium apple is about 80 calories.
- Eating an apple promotes good oral health by decreasing plaque on your teeth.



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