



- **Fruits and vegetables are rich in vitamins and minerals.** Eating fruits and vegetables makes it easy to take in needed vitamins and minerals such as the antioxidants vitamin C, selenium and vitamin A.
- **Fruits and vegetables are rich in phytochemicals.** Phytochemicals are natural substances found in fruits and vegetables which give the plants their colors, flavors and smells and are part of the plants' defense systems. When consumed by humans, they may help prevent heart disease, cancer, diabetes and high blood pressure. They also may help the body defend itself against oxidative damage. Populations that consume higher amounts of fruits and vegetables have a lower cancer risk which may be due to higher phytochemical intake. There is no evidence at this time that phytochemical supplementation is as beneficial as eating the foods from which they are extracted.
- **Fruits and vegetables are high in fiber.** Fiber-rich diets may help prevent constipation, heart disease, diverticulosis and some cancers. The fiber content is also filling, which increases satisfaction and curbs appetite. This can be helpful if one is trying to lose weight. Most are low calorie and virtually fat free, too.
- **Fruits and vegetables taste great!** With so many options, you'll be able to find several that you like.

**AIM FOR A MINIMUM OF FIVE SERVINGS DAILY!**

Five servings may seem like a lot. However, when you look at recommended serving sizes, you'll see how little it really is.  
 One serving of fruit is: 1 piece of fresh fruit, 1/2 cup canned or 6 ounces of juice.  
 One serving of vegetables is: 1 cup fresh vegetable, 1/2 cup cooked or 6 ounces

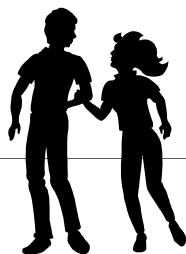
**SEVEN TIPS TO INCREASE FRUIT AND VEGETABLE**

- **Start your day with at least two servings of fruits.** Have some citrus juice along with a piece of fruit or raisins sprinkled on your cereal.
- **Think of vegetables and starches as your main dish.** Check out some of the great entrees at Vegetarian Corner. Eat a green salad along with a cooked vegetable at lunch and dinner.
- **Sneak in vegetables to enliven your meal.** Put shredded or chopped vegetables into your spaghetti sauce or on your baked potatoes.
- **Eat fruits and vegetables on the run.** Most fruits come with their own natural packaging, so have banana or apple in your back pack for a between classes snack. Raw vegetables also make great snacks.
- **Stoke up on cruciferous veggies.** At the salad bar, pile on broccoli and cauliflower which contain potent phytochemicals. Make your salad colorful with carrots and peppers because they are richer than pale foods in vitamins and possibly phytochemicals.
- **Choose to eat a different fruit or vegetable every day.** Variety increases the types of phytochemicals and micronutrients consumed.
- **Enjoy a piece of fruit for you bedtime**

The National Cancer Institute and the US Department of Agriculture Food Guide Pyramid recommend eating a minimum of five servings of fruits and vegetable every day. Are Americans consuming this minimum? A survey of 23,000 adults in 16 states showed:

- ◆ Only 20% ate five or more servings of vegetables and fruits daily.
- ◆ On average, men ate 3.3 servings per day while women didn't do much better with 3.7 servings daily.
- ◆ 54% of women ate fruit at least once per day while only 39% of men did.

We're not doing so well. Look inside to learn how to improve intake of fruits and veggies and why you should.



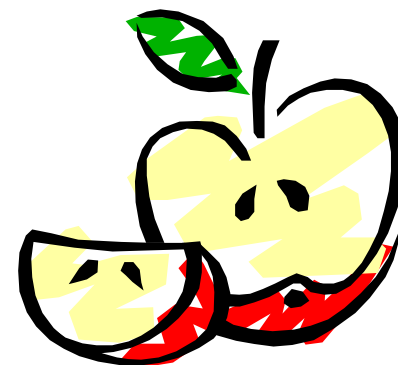
For nutrition guidance, contact University Dining's Registered Dietitian, Lisa Eberhart, RD, LDN at 513-5310

North Carolina State University Dining

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### *Nutrition Counts*

**FRUITS & VEGETABLES  
"FIVE A DAY"**



Nutrition Facts for You!