



# Fruits and Vegetables

for Your Health, Your Neighborhood,  
and Your Life



Do you want good health for you and your family?

Do you want more energy to get you through the day?

And, do you want to lower your risk of serious problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer?

If you answered “yes” to any of these questions, there are two easy things you can do. Eat plenty of fruits and vegetables and get at least 30 minutes of physical activity every day.



## Why is it good to eat fruits and vegetables?

Fruits and vegetables are some of the healthiest and best tasting foods. They are low in sodium and calories, and most are fat free. Reach for blue, purple, green, white, yellow, orange, and red fruits and vegetables for your meals and snacks. They help your body get the vitamins, minerals, fiber, and other natural substances it needs to stay healthy.

### FRUITS AND VEGETABLES, AS PART OF A HEALTHY DIET, MAY HELP YOU:

- Control your weight
- Lower your risk of stroke, heart disease, and high blood pressure
- Reduce your risk of type 2 diabetes
- Lower your risk of certain types of cancer
- Boost your energy level
- Look and feel great!



## How many fruits and vegetables should I eat every day?

Adults need to eat 3½ to 6½ cups of colorful fruits and vegetables every day. Choose all forms of fruits and vegetables like fresh, frozen, canned, dried, and 100% juice—they all count toward your recommended amount!

The number of cups of fruits and vegetables that is right for you depends on your gender, age, and physical activity level. To find out how many cups you need for good health, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).