



**5** to **TEN**  
yes, you can!

# Veggies and Fruit

## *What's Stopping You?*

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Windsor-Essex County Health Unit - Windsor, Essex, Leamington [www.wehealthunit.org](http://www.wehealthunit.org)

# Benefits of Eating More Vegetables and Fruit

A diet rich in vegetables and fruit offers many health benefits, including:

- Reduces the risk for heart disease, type 2 diabetes, and some types of cancer because they contain a wide variety of nutrients, dietary fibre, and phytochemicals.
- Helps you reach and keep a healthy weight because they are naturally low in calories and high in fibre.

# Do Canadians Eat Enough Vegetables and Fruit?



No.

Unfortunately, almost  $\frac{2}{3}$  of Canadians aged 12 years and older eat vegetables and fruit less than five times a day.  
(Statistics Canada, 2003)

# What's Stopping You?

## Reasons for NOT eating adequate amounts include:

- too expensive
- lack of time to plan, shop, prepare, and eat them
- don't like the taste
- family influences during childhood

# Steps You Can Take to Eat More Vegetables and Fruit

Most of these barriers can be overcome with:

*a little knowledge...*

*a good attitude...*

*and a bit of planning...*

## A Little Knowledge... about serving sizes

Eating adequate amounts is probably not as tough as you think.

The goal is to eat 5 -10 servings every day. However, eating just one more serving of vegetables and fruit is a step in the right direction!

### One serving of vegetables or fruit is...

### This looks like...

a medium-size piece of vegetable or fruit	a tennis ball
125 mL (1/2 c) of chopped vegetables or fruit	a computer mouse
250 mL (1 c) of salad greens	a fist
50 mL (1/4 c) dried fruit	a golf ball
125 mL (1/2 c) 100% real fruit or vegetable juice*	a small juice glass

\*Fruit drinks, cocktails, or punches do not count as real fruit juice because they contain only a small amount of real fruit or vegetable juice along with other liquids. Check the label for 100% juice.

## A Little Knowledge...about cost

Most vegetables and fruits are reasonably priced, and usually less expensive than pre-packaged convenience foods.

In fact, there is a lot of nutrition packed into them so you receive a BIG “nutritious bang for your caloric buck!”

# Saving Money

## Some suggestions:

- Buy vegetables and fruit when in season.
- Purchase from local farmers' markets where you can buy a variety of produce items.
- Choose frozen or canned options when on sale.
- Buy in bulk (bagged vegetables and fruit, juice from frozen concentrate, or in large containers).



## A Good Attitude... about trying new things

From bananas to bok choy, oranges to okra, the number of vegetables and fruit in today's grocery stores is almost endless!

Don't force yourself to eat vegetables and fruit you don't like. Instead, eat more of those you do like or experiment with those you haven't yet tried.

Browse through cookbooks and web sites to learn how to grill vegetables and fruit.

Try new seasoning blends and low-fat dips.

## A Little Planning...to save time

Plan weekly menus in advance.  
Include vegetables and fruit in all meals and snacks.

To save time, buy:

- Pre-cut or frozen vegetables that are cleaned and ready-to-use.
- Bagged spinach or garden greens for a quick salad.
- Canned fruit for a simple dessert.




## More on Saving Time

Do you feel like you are “on-the-go” all the time? Here are some tips:

- Keep some dried fruit and 100% real juice boxes in your car or office.
- Take advantage of choices at fast food restaurants (salads, fruit bowls, 100% real juice, grilled veggie sandwiches, baked potatoes, vegetable soups, etc.).
- Grab a piece of fresh fruit on your way out the door.

# A Day in the Life of Eating More Vegetables and Fruit



Check out the following slides for easy tips on how to add more vegetables and fruit throughout your day...

# Breakfast

BREAKFAST



Start the day with a glass of 100% real juice.

Add frozen berries or sliced fresh fruit to cereal.

Try frozen or fresh sweet peppers, broccoli, or spinach in your omelette.

## A Word About Juice...

Choose 100% real fruit or vegetable juice and avoid “drinks”, “cocktails”, or “punches” that say “contains real fruit juice”. Check the ingredient list to be sure there are no added sweeteners.

One serving of juice is 125 ml or ½ cup. While 100% real juice can be a healthy choice, drinking too much can add extra calories and replace other nutrient-dense foods.

## Lunch or Meal at Work

### LUNCH or MEAL AT WORK

#### If brought from home:

- Include leftover veggies from the day before.
- Pack washed baby carrots or cherry tomatoes to dip in low-fat dressing.

#### If eating out:

- Include veggies on your sandwich, add a side salad instead of French fries, or choose a vegetable soup.
- Bring along a piece of fresh fruit to eat after your meal.

## Dinner...

# DINNER

When chopping vegetables, double the quantity so you can have them the next day for salads, stir-fries, casseroles, tacos, or frozen entrees.

Add cut-up fruit such as mango or pears to salads, and pineapple chunks to stir-fries.

For dessert, try fresh or canned fruit with yogurt and low-fat granola.

## For Snacks...

# SNACKS

Try raw vegetables with nutritious dips like hummus or bean dip.

Buy individual fruit cups (e.g. applesauce, peaches, pineapple, or pears).

Keep dried fruit handy. It's a great snack on its own or in a trail mix.

## The Bottom Line

***Vegetables and fruit are nutritious, affordable, tasty, and easy.***

To add more to your day, start with small steps, like increasing your intake by one serving.

Remember, the goal is to eat more of them, more often, and with more variety!

## Website Resources

5 to 10 a Day for Better Health  
[www.5to10aday.com/eng/index.htm](http://www.5to10aday.com/eng/index.htm)

Heart and Stroke Foundation  
[ww2.heartandstroke.ca](http://ww2.heartandstroke.ca)  
*click on “healthy living”*

Dole 5 a Day for Kids  
[www.dole5aday.com/Kids/K\\_Home.jsp](http://www.dole5aday.com/Kids/K_Home.jsp)

## Other Resources

Latest HealthIssues newsletter  
*5 to TEN – Yes, You Can!*

Latest brochure  
*Vegetables and Fruit-  
Naturally Nutritious and Delicious*

Other electronic presentation  
*Vegetables and Fruit:  
True or False*

## Key References

Report of a Joint WHO/FAO Expert Consultation. 2003. Diet, nutrition and the prevention of chronic diseases, WHO Technical Report Series No. 916. Retrieved March 22, 2005 from <http://www.who.int/dietphysicalactivity/publications/trs916/en/>

Statistics Canada, Canadian Community Health Survey (2003). Table 105-0249 – Dietary practices. Retrieved April 28 from <http://cansim2.statcan.ca/cgi-win/CNSMCGI.EXE>

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