

Q. Why should I eat more fruits and veggies?

A. They're low in calories. They're packed with vitamins and nutrients. They're good for your health, and help prevent disease. And chances are pretty good you're not eating enough of them.

In fact, only 1 in 10 adults eat enough fruits and vegetables. Just 9 percent of adults eat enough vegetables. And only 12 percent eat enough fruit.¹

Are you eating enough fruits and vegetables?

Here's what the U.S. Department of Agriculture recommends. Most adults should eat:

Fruits = 1-1/2 to 2 cups per day

Vegetables = 2 to 3 cups per day

How are you doing? If you're already eating plenty of fruits and vegetables, keep it up. If you're not, *now* is always the best time to start. Why? Eating more fruits and vegetables can help you:

Manage your weight

Fruits and vegetables are low in calories and high in fiber. Eating more of them can help you lose weight, maintain a healthy weight, and control hunger. And that's important when about 72 percent of all adults are overweight or obese.²

Control blood sugar levels

If you don't have diabetes, you know someone who does. About 30 million people have type 2 diabetes.³ Another 84 million people have prediabetes. Left unchecked, diabetes can lead to nerve damage,



vision loss, poor circulation, kidney disease, or worse. Eating more fruits and vegetables can help control blood sugar levels and prevent or manage diabetes.

Improve heart health

Heart disease. It's the leading cause of death in the United States. And poor eating habits over time are a primary cause. It's one reason health experts recommend eating less red meat and processed foods, and more fruits and vegetables.

Reduce blood pressure

Your blood pressure should be less than 120/80. But what if it's not? You have elevated or high blood pressure. You may not even know you have high blood pressure, yet about 103 million adults do.⁴ Fortunately, a diet rich in fruits and vegetables can help lower blood pressure.

Improve digestion

Ever feel like that steak or burger is just sitting your stomach? You might have digestive problems. Eating more fiber-rich fruits and vegetables can help improve digestion and reduce inflammation, according to a recent study.⁵

Prevent certain types of cancer

After heart disease, cancer is the leading cause of death in the United States. And it comes in many forms.

ASK THE *Wellness* DOCTOR

Think you can stomach a little more broccoli, leafy greens, and berries? It's not as hard as you might think to add more fruits and vegetables to your diet. And it may help prevent certain types of cancer.⁶

Hungry to improve your health?

Eat more fruits and vegetables. Try sweet potatoes, black beans, broccoli, and spinach. Eat bananas, apples, blueberries, and oranges. Enjoy a variety of fruits and vegetables. You'll feel better. You'll be healthier. And you'll live longer.

References

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