What are the Benefits?
Eating more fruits and vegetables is a great way to get more vitamins and minerals while cutting sugar and fat to make meals and snacks healthier.
Eating more fruits and vegetables reduces the risk of obesity and other chronic diseases.

Think Color!
Fruits and vegetables are very colorful, showing the variety of vitamins and minerals they offer. Eat an array of different colors to give your family a wide range of valuable nutrients like fiber, folate, potassium, and vitamins A and C.
Think red watermelon, orange sweet potatoes, yellow corn, green spinach, blue blueberries, purple plums, white onions, and black beans.

How Can I Help My Family Eat More?
- Encourage children to try new fruits and vegetables regularly!
- Keep fruits and vegetables within reach to make your family more likely to eat them. Chop some vegetables as ready-to-eat snacks and place a variety of whole fruit in a bowl on the table so that the healthy choices will be the easy choices.
- Canned or frozen fruits and vegetables are good options when they aren’t available fresh. Be careful to choose ones canned in water or their own juice instead of syrups or cream sauces.
- Try adding fruits and vegetables to foods you’re already eating, like peppers and mushrooms to a pizza or bananas to cereal.
- A serving is 1 cup cut fruits or vegetables, 1/2 cup dried fruits or vegetables like raisins, 1 whole fruit or vegetable, or 2 cups of leafy vegetables like lettuce or spinach. Aim for 5 a day for everyone in the family!