

# HEALTHY M<sup>©</sup>NDAY SYRACUSE

Lerner Center for Public Health Promotion  
Syracuse University



# FRUITS AND VEGETABLES



# VEGETABLES



## What are the benefits of vegetables?

- ▶ Including vegetables in your diet can lower the risk heart disease, type 2 diabetes, stroke, and cancer.
- ▶ Vegetables provide nutrients that are important for health and longevity.

# Vegetables

- ▶ Vegetables can be raw or cooked, and they can be fresh, frozen, canned, dehydrated, whole, cut-up, or mashed.
- ▶ This offers a wide variety of options to get in your daily and weekly fill of veggies!

## What foods are in the Vegetable Group?

- ▶ Based on their nutrient content, vegetables are organized into **five subgroups**
  - ▶ Dark green
  - ▶ Red or orange
  - ▶ Beans, peas, and lentils
  - ▶ Starchy
  - ▶ Other

# Essential Nutrients

- ▶ Vegetables are an important part of a healthy diet and are excellent sources of many nutrients
- ▶ Most vegetables are naturally low in fat and calories
- ▶ Common Nutrients Found in Veggies:
  - ▶ **Potassium:** May help to maintain healthy blood pressure. Some sources include sweet potatoes, white potatoes, spinach, and tomato products
  - ▶ **Fiber:** Regulates digestion, helps reduce cholesterol, and may lower risk of heart disease. Sources include beans, broccoli, potatoes, avocados
  - ▶ **Folate:** The body uses folate to form healthy red blood cells. Sources include brussels sprouts, peas, cabbage, kale, and spinach
  - ▶ **Vitamin A,E, and C:** These vitamins are found mostly in green and yellow vegetables. Together, they protect against infection, help maintain eye and skin health, and aid in wound healing.

# How many servings are recommended?

- ▶ The number of vegetables you need to eat depends on your age, sex, height, weight, and level of physical activity. Here is a guide to go off:

Children	<b>AGE</b>	2–8 Years	<b>NUMBER OF SERVINGS</b>	1-1.5 Cups
Girls	<b>AGE</b>	9–18 years	<b>NUMBER OF SERVINGS</b>	2–2.5 cups
Boys	<b>AGE</b>	9–18 years	<b>NUMBER OF SERVINGS</b>	2–3 cups
Women	<b>AGE</b>	19–50 years	<b>NUMBER OF SERVINGS</b>	2.5 cups
Women	<b>AGE</b>	51+ years	<b>NUMBER OF SERVINGS</b>	2 cups
Men	<b>AGE</b>	19–50 years	<b>NUMBER OF SERVINGS</b>	3 cups
Men	<b>AGE</b>	51+ years	<b>NUMBER OF SERVINGS</b>	2.5 cups



FRUITS



## What are the benefits of fruit?

- ▶ Fruits are a good source of vitamins and minerals
- ▶ They are full of vitamin C and vitamin A
- ▶ People who incorporate fruits into their diet have reduced risk of chronic diseases

# Fruits

- ▶ Fruits are an important part of a healthy diet and the source of many important nutrients including potassium, folate, and many antioxidants
- ▶ Fruits such as blueberries, cranberries, strawberries, and citrus also contain phytochemicals that have added health benefits

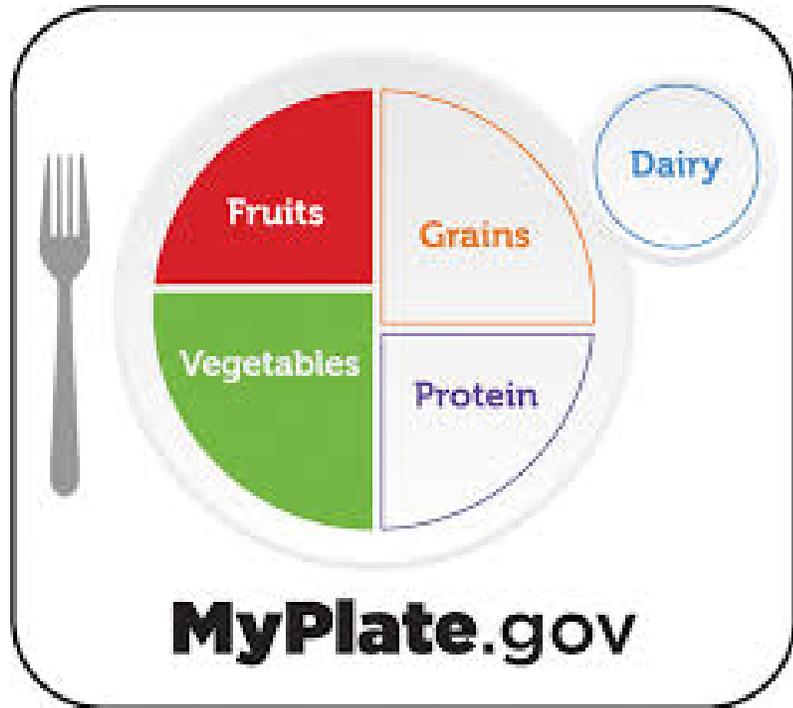
## How many servings are recommended?

Daily Recommendation		
	Age	No. of servings
Children	2–8 years	1–1.5 cups
Girls	9–18 years	1.5 cups
Boys	9–18 years	1.5–2 cups
Women	19–30 years	2 cups
Women	31+ years	1.5 cups
Men	19+ years	2 cups



# Essential Nutrients in Fruit

- ▶ The nutrients in fruit are vital for overall health
- ▶ **Reduced risk of chronic disease:** eating a diet rich in fruit may reduce risk for stroke, cardiovascular disease and type 2 diabetes
- ▶ **Improved heart health:** the potassium in fruit can reduce the risk of heart disease and stroke. Potassium may also reduce the risk of developing kidney stones and helps to keep bones strong
- ▶ **Protection against cell damage:** fruit provides antioxidants that helps repair damage done by free radicals (particles that damage cells) and may protect against certain caners. Fruit also has a positive impact on digestive health



USDA's MyPlate encourages filling half of the plate with fruits and vegetables at mealtimes.

# ENERGY

- ▶ Fruits and vegetables contain natural sugar, glucose, and fructose
- ▶ Both sugars are sources of energy and are a healthy replacement for high-sugar processed items such as candies, sodas, and cakes
- ▶ Eating fruits and vegetables in recommended portions can help manage a child's weight and combat obesity in the long run





# DIGESTIVE HEALTH

- ▶ Whole fruits and vegetables (with the peel!) are rich in dietary fiber, which includes soluble and insoluble fiber
- ▶ Insoluble fiber helps with regular digestion and bowel movements (so you don't get plugged up!)

# IMMUNITY



- ▶ Regular consumption of recommended amounts of fruits and vegetables aid in enhancing gut microflora
- ▶ Gut microflora live in your intestines and are important part of your body that keeps you happy and healthy
- ▶ It helps to support the immune system so you can fight sickness

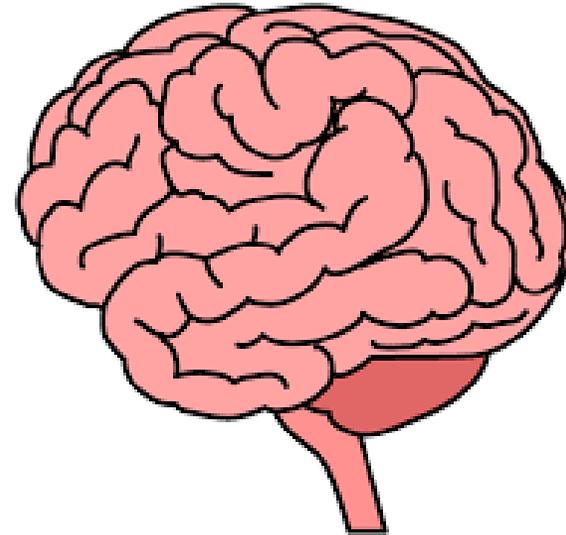
# BONE HEALTH

- ▶ Many studies show a direct relationship between regular consumption fruits and vegetables and bone health
- ▶ Fruits and vegetables contain important vitamins, minerals, and antioxidants that could also help maintain bone health



# BRAIN HEALTH

- ▶ It is known that green leafy vegetables like kale, collard greens, and broccoli boost the brain function
- ▶ Nutrients such as vitamin K, lutein, folate, and beta carotene give the ability to help your brain think clearly, solve problems, and have fun!



# OVERALL HEALTH

- ▶ Whole fruits and vegetables are rich in almost all the vitamins and minerals
- ▶ These food groups have antioxidant and anti-inflammatory effects that help in supporting health as a whole

