

HEALTHY M[©]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	AGE	2–8 Years	NUMBER OF SERVINGS	1-1.5 Cups
Girls	AGE	9–18 years	NUMBER OF SERVINGS	2–2.5 cups
Boys	AGE	9–18 years	NUMBER OF SERVINGS	2–3 cups
Women	AGE	19–50 years	NUMBER OF SERVINGS	2.5 cups
Women	AGE	51+ years	NUMBER OF SERVINGS	2 cups
Men	AGE	19–50 years	NUMBER OF SERVINGS	3 cups
Men	AGE	51+ years	NUMBER OF SERVINGS	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

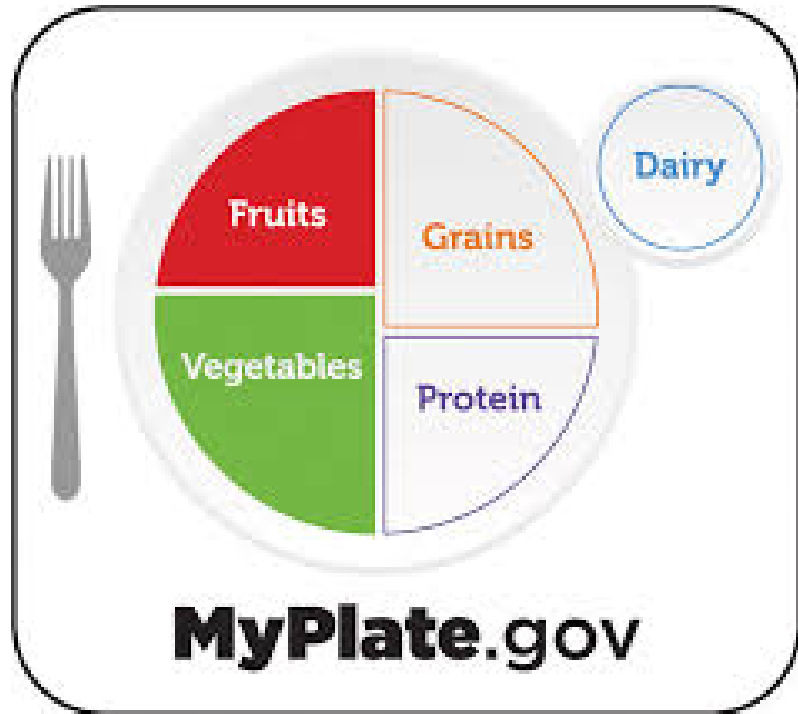
How many servings are recommended?

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

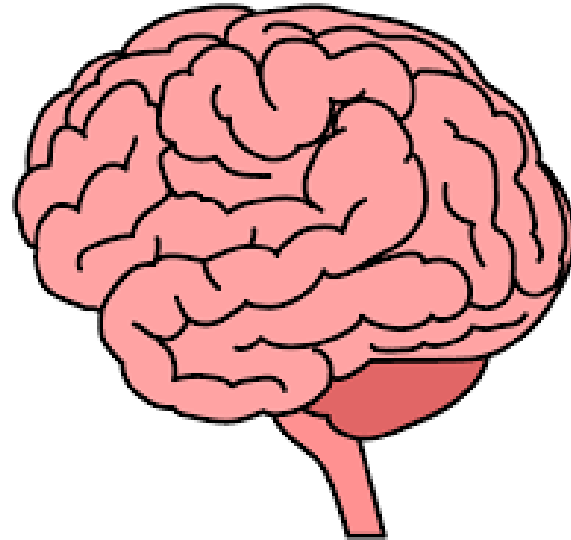
BONE HEALTH

- ▶ 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

