











Eat More Vegetables and Fruit

Did you know...?

- Vegetables and fruit have fiber and potassium which help lower blood pressure and your risk of heart disease and stroke.
- Eating 5 or more servings a day of vegetables and fruit can help lower your risk for some types of cancer.
- [Canada's Food Guide](#) recommends eating 1 dark green and 1 orange vegetable every day. Bright coloured vegetables are often higher in vitamins and minerals. Some examples are: spinach, broccoli, carrots and squash.
- Frozen and canned vegetables and fruit can be just as healthy as fresh, and store longer.

What is a serving size of Vegetables and Fruit according to Canada's Food Guide?

1 Serving is...	Example	About the size of...
1 medium size vegetable or fruit		A tennis ball 
½ cup (125 mL) fresh, frozen, or canned vegetables or fruit		A hockey puck 
1 cup (250 mL) raw leafy vegetables		A baseball 
¼ cup (60 mL) dried fruit		2 golf balls 
½ cup (125 mL) of 100% vegetable or fruit juice		½ cup (125 mL) 

How much do I need?

Canada's Food Guide recommends children and youth eat 4–8 servings of vegetables and fruit per day. Adults need 7–10 servings per day. Have vegetables and fruit more often than juice.

Shopping tips

- Buy fresh vegetables and fruit when on sale to save money.
- Include frozen or canned vegetables and fruit with no added sugar, salt, or sauces for a healthy and quick option.
- If you are short on time, buy convenience items in the produce section. Try pre-washed bags of salad, spinach, baby carrots, snap peas, or broccoli.
- Buy some vegetables and fruit that are ripe and some that are partly ripe. This way it won't all ripen at the same time.
- If buying vegetable or fruit juices, read the label to make sure you are getting 100% juice. Vegetable or fruit drinks, punches, cocktails, or beverages are not real juice. Limit 100% juice to ½ cup (125 mL) per day.

Cooking tips

- Stir-fry vegetables using a small amount of water, or healthy oil, such as canola or olive. Avoid deep frying.
- Flavour vegetables with herbs and spices instead of salt. Use only small amounts of water, ¼ cup (60 mL), when steaming or microwaving vegetables or fruit. This helps keep more vitamins and minerals in the food.



How can I eat all my servings of vegetables and fruit each day?

For meals:

- Fill half your plate with vegetables and fruit as shown on the [Eat Well Plate](#) below to get at least two Canada's Food Guide servings at each meal.



- Start your meal with a salad made from spinach, lettuce, or grated carrot. Top it off with chopped vegetables or fruit, like orange, apple, or strawberries.
- Add fresh or frozen vegetables to spaghetti sauce, soups, stews, chili, casseroles, or frozen meals.
- Double up on the vegetables in recipes. Use canned or frozen vegetables to save time.
- Eat fresh fruit or canned fruit packed in juice for dessert.
- Choose or make pizza topped with mushrooms, zucchini, red or green peppers, broccoli, spinach, shredded carrots, tomato slices, or pineapple.
- Add sliced fresh fruit to cereal or yogurt, or mix into pancake batter.
- Put lots of sliced or shredded vegetables on sandwiches and in wraps.



- Offer to bring a salad, vegetable dish, or fruit dish when eating with friends and family.



For snacks:

- Keep washed and sliced carrots, celery, peppers, zucchini, or cucumber in the fridge for a quick snack or to add to a lunch bag.
- Try unsweetened applesauce or fruit cup; they travel well and don't bruise.
- Have a bowl of washed fruit at work or on your table at home for an easy to grab snack.
- Make a fruit smoothie by blending ½ banana, ½ cup (125 mL) milk (skim, 1% or 2%), 1 cup (250 mL) fresh or frozen berries or other fruit, and 1 cup (250 mL) ice.
- Freeze fruit that has become too ripe, to use later in baking or smoothies.



Ideas and recipes online

[Healthy Eating Starts Here](#) website, www.healthyeatingstartshere.ca has information on nutrition and [inspiring recipes](#).

[Fruits and Veggies](#) website at www.halfyourplate.ca has recipes, shopping, and storage tips for vegetables and fruit.

Learn more about adding Vegetables and Fruit at healthycanadians.gc.ca and search for [Interactive healthy eating tools](#).