Eat More Vegetables and Fruits

Did you know…?

- Vegetables and fruits have fibre and potassium. These help lower blood pressure and your risk of heart disease and stroke.
- Eating plenty of vegetables and fruit can help lower your risk for some types of cancer.
- Canada’s Food Guide recommends eating plenty of vegetables and fruits every day. Choose different textures, colours, and shapes to fit your taste.
- Frozen and canned vegetables and fruits can be just as healthy as fresh, and they keep longer.
- Choose whole or cut vegetables and fruits instead of juice. Fruit juice and fruit juice concentrates are high in sugar.

Shopping tips

- Buy fresh vegetables and fruits when on sale to save money.
- Include frozen or canned vegetables and fruits with no added sugar, salt, or sauces for a healthy and quick option.
- If you are short on time, try pre-washed bags of salad, spinach, baby carrots, snap peas, or broccoli.
- Buy some vegetables and fruits that are ripe and some that are partly ripe. This way, it won’t all ripen at the same time.

Cooking tips

- Try cooking methods like baking or roasting.
- Stir-fry vegetables using a small amount of water, or healthy oil such as canola or olive. Avoid deep frying.

- Use only small amounts of water (¼ cup or 60 mL), when steaming or microwaving vegetables or fruit. This helps keep more vitamins and minerals in the food.
- Flavour vegetables with herbs and spices instead of salt. You can also try lemon juice, orange juice, or flavoured vinegars.
How can I eat plenty of vegetables and fruit each day?

For meals:
- Fill half your plate, bowl, or lunch box with vegetables and fruits as shown on the Eat Well Plate below.
- 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 cups; they travel well and don’t bruise.
- 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. Use it later in baking or smoothies.
- Have a bowl of washed fruit at work or on your table at home for an easy-to-grab snack.

Ideas and recipes online

Visit healthyeatingstartshere.ca for more information on nutrition and search for inspiring healthy recipes.

For storage tips for vegetables and fruits, visit unlockfood.ca and search “vegetable and fruit food safety facts.”

To learn more about eating vegetables and fruits, go to Canada.ca/FoodGuide.
Beside the plate, select ‘Have plenty of vegetables and fruits’.