



## Fruits & Vegetables



Eat more fruits and vegetables every day. Fruits and vegetables contain lots of fiber which will keep you full longer. They are low in calories and contain the nutrients our bodies need. Diets high in fruits and vegetables help prevent chronic disease. Eating more fruits and vegetables is a great choice for weight loss, weight maintenance and will improve your overall health.

### TODAY'S AGENDA

- I. Weigh-in & record
- II. Welcome & celebrate success
- III. Newsletter Volume 8
- IV. Discuss fruits & vegetables
- V. Walk
- VI. Next week - strength training

One of the easiest ways to add more fruits and vegetables is to fill half of your plate with fruits and vegetables at every meal. Another way is to snack on fruits and vegetables. Serve a salad with dinner every night, add vegetables to your sandwich and add fruit to cereal as well as to muffin and pancake batter.

Fresh, frozen or canned fruits or vegetables are all great options. Select those without added sugar, sauces or butter. You can speed up prep time by purchasing pre-washed, pre-cut fruits and vegetables. Visit your local farmers' market to find high quality, in-season fruits and vegetables at a lower cost than most grocery chains.



For more fruit and veggies information and recipes check out:  
[www.FruitsAndVeggiesMoreMatters.org](http://www.FruitsAndVeggiesMoreMatters.org)