



The rainbow has gotten greener with Eating Well with Canada's Food Guide recommending more servings of vegetables and fruit than any other food group. Why? Because vegetables and fruit are nutrition powerhouses! They are rich in vitamins and antioxidants, high in water and fibre, and low in fat and calories, helping you reach and keep a healthy weight.

Write down a challenge you have with eating more vegetables and fruit, and consider a solution to overcome it.

Challenge: _____

Solution: _____



1 Eat a healthy breakfast every day

2 Re-think your snack

3 Be active every day

4 Choose water

5 Enjoy more vegetables and fruit

6 Make meals at home

7 Breastfeed babies

8 Watch less TV

The Motiv8 way is to reach for vegetables and fruit at every meal and snack!

For more information visit www.eatwellgetfitlivelife.ca

Enjoy More Vegetables and Fruit



www.eatwellgetfitlivelife.ca



More than 50 percent of adults do not meet the minimum recommendation for vegetables and fruit.

Adult women need a minimum of **seven servings** every day.

Adult men need a minimum of **eight servings** every day.

Sound like a lot?

Meeting the minimum recommendation is easier than you think once you recognize what a serving size is. Here are some examples:

1/2 cup

1/2 cup (125 mL) fresh, frozen, or canned vegetables or fruit

1/2 cup (125 mL) 100% juice

1 cup

one medium fresh vegetable or fruit the size of a tennis ball

1 cup (250 mL) raw leafy greens or salad

Try these tips for eating more vegetables and fruit every day:

- Have 100% juice at breakfast.
- Add frozen fruit to cereal, smoothies, muffins, and yogurt.
- Grab some green and red pepper strips for an easy morning snack.
- Take along a portable snack, such as an apple, orange, or plum.
- Enjoy canned peaches with vanilla yogurt for dessert.
- Round off your lunch with a tossed salad or raw veggies.
- Try carrot and celery sticks with hummus as an afternoon snack.
- Add frozen vegetables to soups, stews, and casseroles.



To help you meet your recommendations, be prepared by having vegetable and fruit choices readily available:

- Have a fruit bowl on the counter at home and at work.
- Bring a vegetable or fruit platter to potlucks, meetings, and events.
- Slice up raw vegetables such as peppers, celery, and carrots at the beginning of the week so you'll have convenient and portable snacks on hand.
- Keep a variety of frozen vegetables and fruit in your freezer.

Drink 100% juice

Eat raw veggies

Have an apple for snack

Enjoy canned fruits

Many people believe it's too expensive to eat vegetables and fruit. Keep in mind, compared to the cost of chocolate bars and chips, vegetables and fruit are a nutritional bargain.

A chocolate bar or a bag of chips can cost over a dollar, while an apple or banana can cost as little as 30 cents. A large bag of potatoes or carrots may cost slightly more than a box of pre-packaged macaroni and cheese, but you can use these vegetables in several meals. This will add more nutrients to your meals, making them a healthier choice and a good buy!

