

# Bathroom Briefs

Your line to good health!

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## September is Fruits & Veggies More Matters Month



### Why do fruits & veggies matter?

According to the USDA, eating fruits and vegetables provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of chronic diseases such as:

- Heart disease
- Obesity
- Type 2 Diabetes
- High Blood Pressure

Eating a diet rich in fruits and vegetables may also protect against certain types of cancers.



Most vegetables are naturally low in fat and calories. Fruits are naturally low in fat, calories, and sodium. The great thing about fruits and vegetables is that none of them have cholesterol, and both are great sources of many vitamins and minerals. **Check these out:**

**Calcium** is for healthy teeth and bones (juice, collard greens).

**Fiber** decreases risk of coronary heart disease, and is important for proper bowel function (spinach, apples).

**Iron** is needed for healthy blood and normal functioning of all cells (pinto beans, dried apricot).

**Vitamin A** helps protect against infection (mango, carrots).



All forms of fruit and veggies count. Fresh, frozen, canned, dried, and

100% juice will give you the servings of fruits and vegetables you need daily. Also, remember to eat varieties of fruits and vegetables. There are over 200 different flavors and textures to enjoy!

### Shopping smart for fruits & veggies



You may be wondering how to include shopping for fruits and vegetables in your budget. There are several low-cost ways

to get the amount of servings of fruits and vegetables you need on a daily basis. You may want to:

- Try using fresh fruits and vegetables that are in season because they are easier to get, have more flavor, and are less expensive.
- Try buying small amounts frequently because fresh fruits and vegetables don't last as long.
- Plant your own garden. You can start a garden in the yard or a pot on the deck.
- Prepare and freeze vegetable dishes in advance to save time and money.

For a list of more ways to shop smart visit: [www.choosemyplate.gov](http://www.choosemyplate.gov).

### Cooking with fruits & veggies

Check out these links for recipes and cooking tips:

<http://www.fruitsandveggiesmorematters.org/30-minutes-or-less>

<http://www.fruitsandveggiesmorematters.org/top-10-healthy-ways-to-cook-fruits-and-vegetables>

<http://www.fruitsandveggiesmorematters.org/cooking-tips>

For more information about fruits & veggies visit:

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.fruitsandveggiesmatter.org](http://www.fruitsandveggiesmatter.org)