Did you know?

- People who eat 5-9 servings of fruit and vegetables have a lower risk of some types of cancers.
- Fruit and vegetables are packed with hundreds of disease fighting chemicals, called phytochemicals.
- No vitamin or supplement can give you all the vitamins, minerals, and benefits that fruit and vegetables have to offer.
- Most fruit and vegetables are naturally low in calories and fats.
- Many fruit and vegetables are high in water and fiber, which can help you feel full and keep your digestive system happy.
- No single fruit or vegetable provides all the nutrients you need for good health.
- Variety of fruit and vegetables is as important as quantity!

Eat Your Way to a Healthier You

The Texas Obesity Research Center promotes interdisciplinary research, education and training and fosters local community collaborations to develop state-of-the-art Obesity Prevention and Control methodologies through cross sectional and longitudinal research investigating psychosocial, environmental and biologic determinants of obesity and its consequences.

For more information about the Texas Obesity Research Center contact:

Texas Obesity Research Center
University of Houston
3855 Holman St., Room 105H Garrison
Houston, TX 77204

torc@uh.edu
713.743.1183

Visit our website at https://www.uh.edu/torc

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A diet rich in fruit and vegetables may lower your risk of:
- Hypertension
- Heart disease
- Stroke
- Some forms of cancer
- Eye and digestive problems
- Diabetes
- Overeating

Una dieta alta en fruta y vegetales reducen el riesgo de:
- Hipertensión
- Enfermedades del Corazon
- Derrame cerebral
- Ciertos tipos de cancer
- Problemas con la vista y digestivos
- Diabetes
- Comer en exceso
A diet high in fruits and vegetables can reduce your risk for chronic disease including stroke, heart attack, and some cancers.

Fruits and vegetables are full of fiber! Fiber keeps you full and can help lower cholesterol levels.

When selecting grains, choose wheat over white. Brown rice, whole wheat breads, and other grains offer more nutrients than refined varieties.

Each color group contains different vitamins and minerals that are essential for good health. Try to eat a variety of colors.

Limit saturated fats, trans fats, and added sugars that pack in calories. Choose healthier fats like those in olive oil, avocado, fish, and nuts. Avoid foods like candy, soda, and desserts that contain added sugars.

Empty calories are extra calories that your body stores as fat. Common sources of empty calories include alcohol, soda, sweeteners, and baked goods.

Tips to Reaching 5 to 9 Servings a Day:
- Eat a piece of fruit as a snack.
- Add berries (fresh or frozen) as a topping to your yogurt or cereal.
- Eat a big salad as your lunch (go easy on the dressing).
- Eat a vegetable based soup for your lunch.
- Snack on raw vegetables (like baby carrots or broccoli) with a low-fat dip.
- Add extra vegetables to your chili, pasta sauce, and casseroles.
- Serve two sides of vegetables with your dinner.
- Add vegetables to your favorite sandwich: tomato, onion, bell peppers, lettuce, sprouts, spinach, grated carrots and cucumbers.
- Add frozen or fresh vegetables to your omelet.
- When eating out, ask for a side of vegetables instead of rice or fries.
- Try some new recipes where vegetables take center stage, like vegetable stir-fry.
- Substitute garlic, onion, and spices to flavor dishes, using very small amounts of butter, cheese, and sauces.
- Variety is the key to a healthy diet. Try new fruit and vegetables!
- Fill half your plate with vegetables at each meal.

Quick Tips for a Healthy Diet:
- Choose wheat over white for breads and grains
- Limit high-calorie beverages
- Order meat grilled or baked without breading
- Avoid salting foods
- Drink 8 glasses (64 oz) of water per day