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

Follow us on

Fruit and Vegetables Everyday
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.

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.

Choose whole fruit instead of juice. An orange has twice as much fiber and half as much sugar as a 12-ounce glass of orange juice.

Keep in Mind:

- Fruit and vegetables are an essential component of a healthy diet.
- Everyone can benefit from eating more fruit and vegetables!
- No single fruit or vegetable provides all the nutrients you need for good health.
- Eat a variety of types and colors of fruit and vegetables!
- Variety of fruit and vegetables is as important as quantity!

What counts a serving?

1 serving = ½ cup

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.