

# Eating More Fruits and Vegetables

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# Objectives

- Quick Review of the Importance of Fruit and Vegetables
- How are Oklahomans Doing
- Steps to Improve
- Serving Sizes
- Affording Fresh Produce

Please understand these are general guidelines and recommendations. You should always check with your primary care provider before making any major changes in diet or exercise.



# Importance of Fruit and Vegetables in Your Daily Diet

- Nutrients
  - Fiber
  - Vitamins and Mineral Absorption
    - Potassium, Calcium, Folic Acid, Iron, Vitamins A, C, E & K
  - Antioxidants - Fight cell damage
- Disease Prevention - Certain types of cancer, heart disease, type 2 diabetes, and obesity
- Prevent Other Health Problems - Bone loss, kidney stones, constipation, stroke
- Weight Control - Low calories, fat free, cholesterol free



# Fruit and Vegetable Intake in Oklahoma and Payne County

- Oklahoma
  - 50% of both youth and adults eat less than 1 serving of fruit per day
  - 40% of youth eat less than 1 serving of vegetables per day
  - 25% of adults eat less than 1 serving of vegetables per day
- Payne County
  - Local survey showed that 72% of people reported not eating even one piece of fruit on a regular basis. 65% reported not consuming 1 vegetable on a regular basis.
  - Self Reporting

Information provided by TSET Healthy Living Program

# Simple Steps to Increase Your Fruit and Vegetables Daily

- Keep it Simple!
- Failure to plan is planning to fail
  - Have a backup plan
- Prep in Advance
  - Make it available
- Add to dishes lacking fruits and vegetables



# What Counts as a Serving?

- Vegetables
  - Page 19 of your handbook
  - 1 cup = 1 cup of raw or cooked, 1 cup of vegetable juice\*, or 2 cups of raw leafy greens
- Fruit
  - Page 21 of your handbook
  - 1 cup = 1 cup of raw fruit, 1 cup of 100% fruit juice\*, or ½ cup of dried fruit
- Choosemyplate.gov has tables with specific foods

\* Juices contain less fiber than whole fruits and vegetables

# How Many Servings Do You Need?

- Open Your Handbook!
  - Children ages 2-12, **Page 12**
  - Adolescents ages 13-18, **Page 14**
  - Men ages 19-60, **Page 8**
  - Women ages 19-60, **Page 9**
  - Adults over 60, **Page 15**



## Women ages 19-60

Take care of yourself by eating healthy—for your sake and your family's. If you are pregnant or breastfeeding, see pages 10-11.



### What foods are best for you, and how much?

- Find your age and activity level in the chart below. The number given is how many calories are recommended for you each day.
- Use this number to find your calorie plan on page 7. This plan lists the amounts and kinds of foods you should have every day.
- For more details on healthy foods, see pages 18-25.

Daily activity level Age	less than 30 minutes	30 to 60 minutes	60 or more minutes
19-25	2000	2200	2400
26-30	1800	2000	2400
31-50	1800	2000	2200
51-60	1600	1800	2200

### For a healthy weight,

balance your calorie intake with physical activity. See pages 26-27 for more information. (Talk to your health-care provider before starting an exercise program.)

### Be sure to get enough calcium and vitamin D.

Getting plenty of calcium and vitamin D throughout life can help women reduce their risk of bone loss and osteoporosis (weak, fragile bones). Women are at special risk for this, especially after menopause. (Menopause is when a woman stops getting a regular menstrual period, usually around age 45-55.)

Good sources of calcium include dairy products, broccoli and kale. Good sources of vitamin D include oily fish, egg yolks and fortified milk. Staying active can also help keep your bones strong.





## MyPlate calorie patterns make healthy eating simple

—and tasty, too!

### Start by figuring out the right number of calories

for you and other members of your family. For each person, check the charts on pages 8-15 to find the right number of daily calories. Then, use these calorie patterns (on this page and the next) to make healthy choices for yourself and your family—every day! (Remember: that these patterns reflect a U.S.-style eating pattern. Some amounts vary for Mediterranean and vegetarian eating patterns. See page 5.)

### Counting portions correctly makes it easy to stick to your calorie needs

and to build healthy meals. What counts as a cup or an ounce? For examples in each food group, see pages 18-25.

#### For 3200 calories, get:

- 4 cups of vegetables
- 2½ cups of fruits
- 10 ounces of grains\*
- 3 cups of dairy
- 7 ounces of protein foods (aim for at least 10 ounces of seafood each week).

#### For 3000 calories, get:

- 4 cups of vegetables
- 2½ cups of fruits
- 10 ounces of grains\*
- 3 cups of dairy
- 7 ounces of protein foods (aim for at least 10 ounces of seafood each week).

#### For 2800 calories, get:

- 3¾ cups of vegetables
- 2½ cups of fruits
- 10 ounces of grains\*
- 3 cups of dairy
- 7 ounces of protein foods (aim for at least 10 ounces of seafood each week).

#### For 2600 calories, get:

- 3¾ cups of vegetables
- 2 cups of fruits
- 9 ounces of grains\*
- 3 cups of dairy
- 6½ ounces of protein foods (aim for at least 10 ounces of seafood each week).

#### For 2400 calories, get:

- 3 cups of vegetables
- 2 cups of fruits
- 8 ounces of grains\*
- 3 cups of dairy
- 6½ ounces of protein foods (aim for at least 10 ounces of seafood each week).

#### For 2200 calories, get:

- 3 cups of vegetables
- 2 cups of fruits
- 7 ounces of grains\*
- 3 cups of dairy
- 6 ounces of protein foods (aim for at least 9 ounces of seafood each week).

#### For 2000 calories, get:

- 2½ cups of vegetables
- 2 cups of fruits
- 6 ounces of grains\*
- 3 cups of dairy
- 5½ ounces of protein foods (aim for at least 8 ounces of seafood each week).

#### For 1800 calories, get:

- 2½ cups of vegetables
- 1½ cups of fruits
- 6 ounces of grains\*
- 3 cups of dairy
- 5 ounces of protein foods (aim for at least 8 ounces of seafood each week).

#### For 1600 calories, get:

- 2 cups of vegetables
- 1½ cups of fruits
- 5 ounces of grains\*
- 3 cups of dairy
- 5 ounces of protein foods (aim for at least 8 ounces of seafood each week).

#### For 1400 calories, get:

- 1½ cups of vegetables
- 1½ cups of fruits
- 5 ounces of grains\*
- 2½ cups of dairy
- 4 ounces of protein foods (aim for at least 6 ounces of seafood each week).

#### For 1200 calories, get:

- 1½ cups of vegetables
- 1 cup of fruits
- 4 ounces of grains\*
- 2½ cups of dairy
- 3 ounces of protein foods (aim for at least 4 ounces of seafood each week).

#### For 1000 calories, get:

- 1 cup of vegetables
- 1 cup of fruits
- 3 ounces of grains\*
- 2 cups of dairy
- 2 ounces of protein foods (aim for at least 3 ounces of seafood each week).

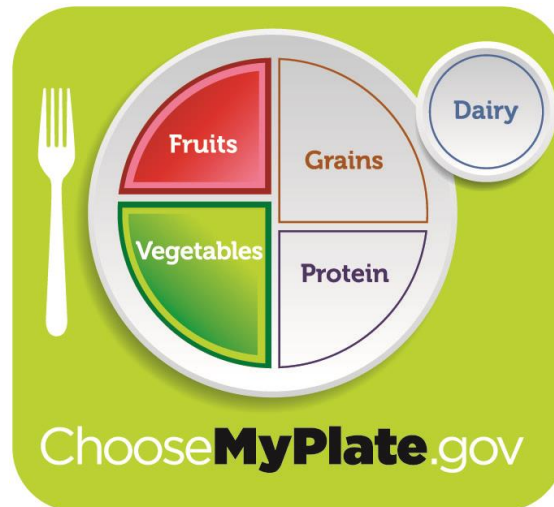
\*Make at least half of your grains whole grains.

# For More Specific Recommendations, Visit

- <https://www.choosemyplate.gov/MyPlate-Daily-Checklist>

# Keep It Simple!

- Average Adult needs 3 cups of vegetables per day and 2 cups of fruits per day.
- Have 1 vegetable with lunch, afternoon snack and dinner for 3 total. Have 1 fruit with breakfast and lunch for a total of 2 per day.



# Affording Fresh Produce

- Plan your menu around sales
- Buy in Season
- Go to the store more often for less waste
- Buy Canned and Frozen
- Use leftovers
- Coupon
- Avoid paying more for convenience
- Grow your own
- Compare brands

If you keep  
good food in  
your fridge,  
you will eat  
good food.



Errick McAdams

Our **health** always  
seems much more  
**valuable** after  
we lose it.

[leapfitness.com](http://leapfitness.com)

TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.

Healthy

isn't a goal.  
it's a way of living.