



Fruits & Vegetables



Powerful Disease Preventers

Heart Disease: Evidence suggests that people who eat a lot of fruits and vegetables have a lower risk of developing coronary heart disease.

Cancer: People who eat 5 or more servings of fruits and vegetables every day have half the risk of developing cancer as those who eat only one or two servings per day.

High Blood Pressure: Diets rich in fruits and vegetables (9 servings per day) have been shown to reduce blood pressure without medications.

Source: University of Rhode Island. (2003). Adapted from www.aboutproduce.com.

Quick and Inexpensive Strategies for Eating More Produce

- Drink at least 1 glass of 100% fruit juice each day.
- Slice fresh fruit into cereal.
- Have a vegetable omelet.
- Add lettuce and tomato to sandwiches.
- Prepare gelatin with canned fruit.
- Add fruits like raisins and sliced apples to lettuce salads.
- Snack on carrots, peppers, or cucumber slices dipped in low-fat dressing.
- Mix frozen or canned vegetables into soups, pasta, or casserole dishes.
- Bake potatoes or sweet potatoes for quick and easy side dishes.
- Top vanilla ice cream or sherbet with thawed berries.



The Kansas Food Assistance Program

promotes good health by providing extra grocery money to eligible seniors. Call 888-369-4777 to find out if you qualify for food assistance.