

# Fruits & Veggies—More Matters™

## Why fruits & veggies?

Fruits and vegetables are good for your health! Fruits and veggies can help you maintain a healthy weight and may help prevent many diseases.

### How much do I need?

The amount of fruits and veggies you need is based on your age, gender and activity level. To find out how many cups of fruits and veggies you need every day, visit the CDC program website at [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) or MyPyramid at [www.mypyramid.gov](http://www.mypyramid.gov).

### What types of fruits & veggies count?

All forms of fruits and veggies count—including fresh, frozen, canned, dried and 100% juice. Aim for variety!

### Color your family healthy!

All colors are important—red, green, yellow, blue, purple, white and orange. Each color offers something unique, such as different vitamins, minerals and phytochemicals that work together to protect your health. And your family will love to eat the rainbow!

Remember, every step you take to eat more fruits and veggies will help your family be at their best!

Here are some ideas to help you get more fruits and veggies:

**Fruity Breakfast Salad**  
Mix cut fruit (apples, bananas, pears, grapes, papaya, etc.) with a can of chunk pineapple packaged in 100% fruit juice. The pineapple juice will keep the fruits from turning brown and also provides a sweet and tasty dressing your family will love! Serve with a sprinkle of cinnamon, if desired.

**Very Vegetable Lasagna**  
Take your favorite lasagna recipe and try adding different combinations of your favorite vegetables between the layers: mushrooms, spinach, broccoli, carrots, zucchini, onions or eggplant. Be creative.

**Bean Quesadillas**

1. Spread low-fat cheese and low-fat or fat-free refried beans between two tortillas.
2. Brown on both sides in a pan until cheese melts.

\*Recipe ideas developed for Centers for Disease Control & Prevention (CDC). These recipes meet Centers for Disease Control & Prevention (CDC) and Produce for Better Health (PBH) nutrition standards that maintain fruits and vegetables as healthy foods.

