

# COLOR YOUR PLATE

## CHOOSE THE COLORS OF HEALTH

You probably already know that a healthy diet includes a variety of fruits and vegetables. Most are lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts — as part of a healthy diet — are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

You can find the amounts of fruits and vegetables you need using the charts in this brochure. There are also facts on why eating the recommended amounts is important to your health. Easy tips for including fruits and vegetables in your day are also provided.

### KNOW THE AMOUNTS YOU NEED EACH DAY

- Go to your chart. Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life?

**Less Active:** You average less than 30 minutes a day.

**Moderately Active:** You average 30 to 60 minutes a day.

**Active:** You average more than 60 minutes a day.

- Choose your age range. Your physical activity level and age determine how many calories you need each day and your calories needs determine how many fruits and vegetables you should eat.

GIRLS			
	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 cup	1 1/2 cups
	9-13	1 1/2 cups	2 cups
	14-18	1 1/2 cups	2 1/2 cups
moderately active	2-3	1 cup	1 cup
	4-8	1 1/2 cups	1 1/2 cups
	9-13	1 1/2 cups	2 cups
	14-18	2 cups	2 1/2 cups
active	2-3	1 cup	1 cup
	4-8	1 1/2 cups	1 1/2 cups
	9-13	1 1/2 cups	2 1/2 cups
	14-18	2 cups	3 cups



BOYS			
	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 1/2 cups	1 1/2 cups
	9-13	1 1/2 cups	2 1/2 cups
	14-18	2 cups	3 cups
moderately active	2-3	1 cup	1 cup
	4-8	1 1/2 cups	1 1/2 cups
	9-13	1 1/2 cups	2 1/2 cups
	14-18	2 cups	3 cups
active	2-3	1 cup	1 cup
	4-8	1 1/2 cups	2 cups
	9-13	2 cups	2 1/2 cups
	14-18	2 1/2 cups	3 1/2 cups



WOMEN			
	AGE	FRUITS	VEGETABLES
less active	19-30	2 cups	2 1/2 cups
	31-50	1 1/2 cups	2 1/2 cups
	51+	1 1/2 cups	2 cups
moderately active	19-50	2 cups	2 1/2 cups
	51+	1 1/2 cups	2 1/2 cups
	19-50	2 cups	3 cups
active	19-50	2 cups	3 cups
	51+	2 cups	2 1/2 cups



MEN			
	AGE	FRUITS	VEGETABLES
less active	19-50	2 cups	3 cups
	51+	2 cups	2 1/2 cups
moderately active	19-50	2 cups	3 1/2 cups
	51+	2 cups	3 cups
active	19-30	2 1/2 cups	4 cups
	31-50	2 1/2 cups	3 1/2 cups
	51+	2 cups	3 cups

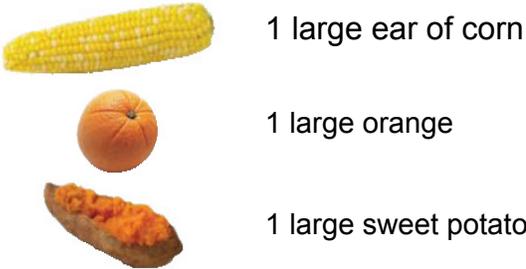


## MAKE IT COUNT

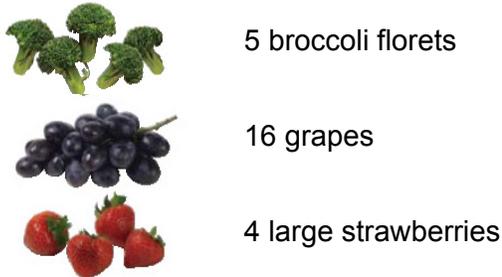
Include fruits and vegetables throughout your day in little ways—for snacks, toppings, side dishes, or in your main meal. Whether they're frozen, fresh, canned, or dried, all fruits and vegetables (including beans) count toward your daily amount.

## LEARN WHAT 1 CUP AND 1/2 A CUP LOOK LIKE?

### EXAMPLES OF 1 CUP



### EXAMPLES OF 1/2 CUP



## FIND YOUR BALANCE

Becoming a healthier you isn't just about eating healthy—it's about physical activity. Regular physical activity is important for your overall health and fitness.

Here are some guidelines to follow:

Adults should be physically active at a moderate intensity at least 30 minutes most days of the week.

To prevent weight gain, adults should be a physically active at least a moderate intensity approximately 60 minutes most days of the week while not exceeding caloric requirements.

Children and teenagers should be physically active for 60 minutes most days, or preferably all days of the week.

For even greater health benefits, increase the time or intensity of your activity.

## SIMPLE WAYS TO ENJOY FRUITS AND VEGETABLES THROUGHOUT YOUR DAY:

MORNING

1 cup



1 small apple

1/2 cup



1 small banana

MID-DAY

1 cup



1 cup of lettuce\* & 1/2 cup of other vegetables

1/2 cup



6 baby carrots

EVENING

1 cup



1/2 large sweet potato & 1/2 cup of green beans

1/2 cup



1/2 cup of fresh mixed fruit

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt and added sugars.

\*1 cup of lettuce counts as 1/2 cup of vegetables



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