

# the VEGGIE & FRUIT Diaries



**(Super)-naturally great!**

- Naturally low calorie
  - Whole fruit- the most convenient fast food.
- No container needed!*

Consuming fruit & vegetables can:

- Reduce risk of cardiovascular disease & some cancers
- Keep your digestive system healthy
- Provide a good source of vitamins like fibre, vitamin A, C & folate & minerals like magnesium

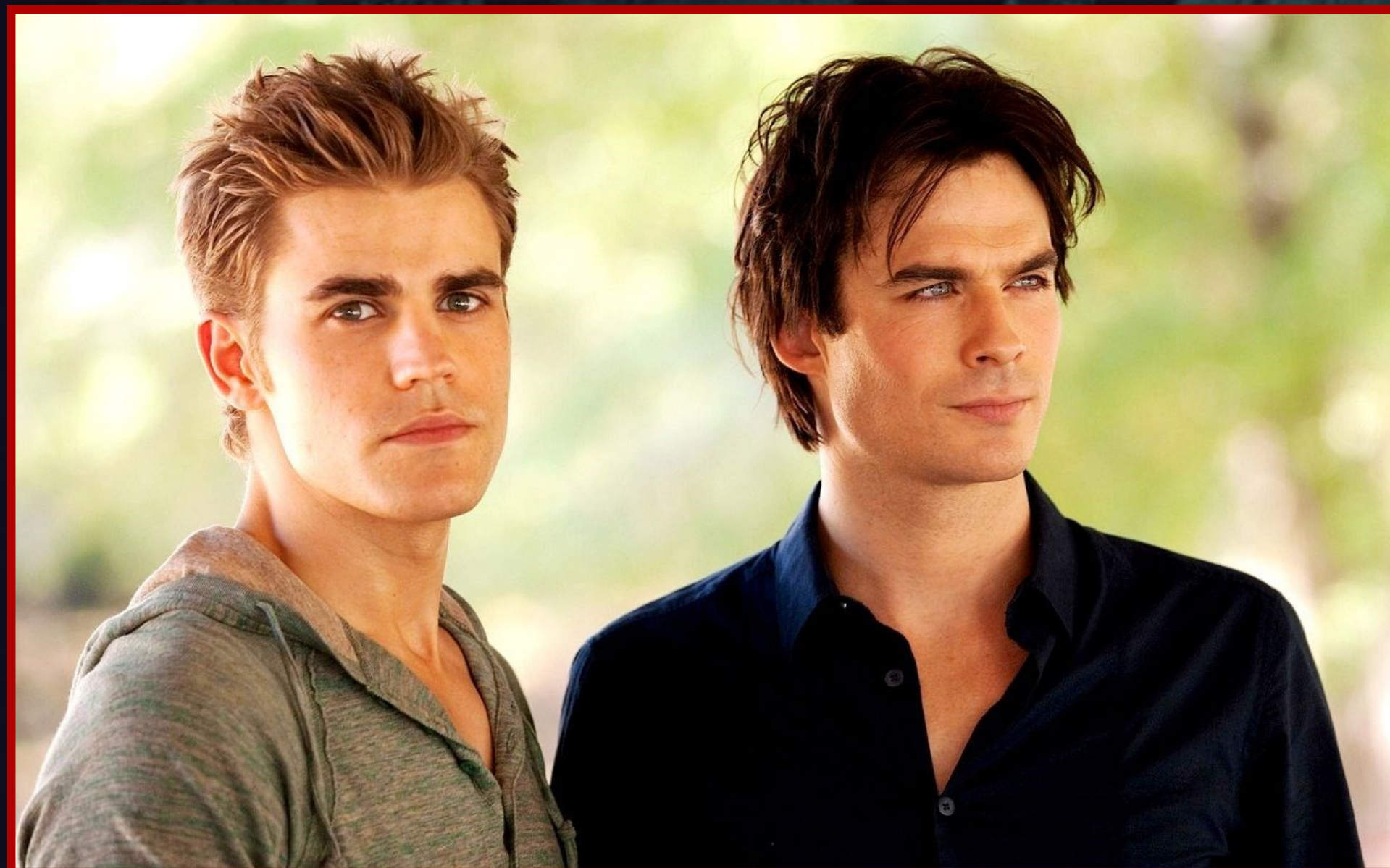
***Have fruit & vegetables with every meal!***



***Bite into 7-10 servings/day!***

*One serving is...*

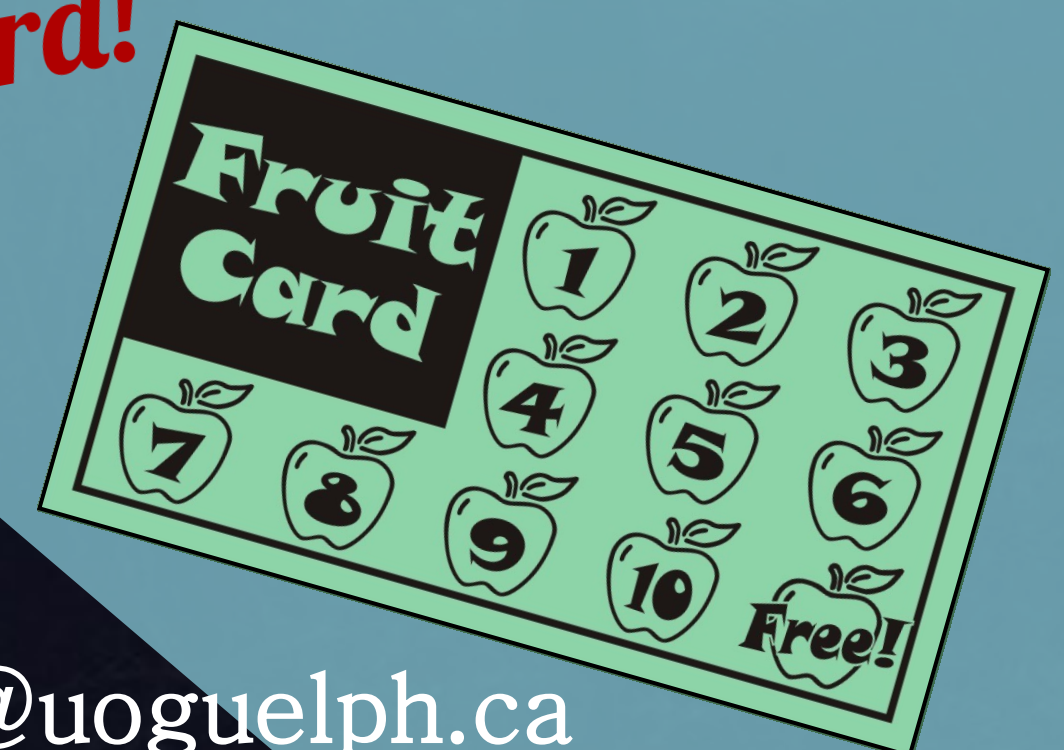
- 1 medium fruit
  - ½ cup vegetables or fruit
  - 1 cup leafy vegetables
- Tip: 1 cup is about the size of your fist*



**Fall in love with fruit & vegetables**

- Eat 1 dark green & 1 orange vegetable per day
- Choose whole vegetables & fruit instead of juice
- Add spices & lemon juice to your vegetables instead of fats, sugar & salt

***Make 7-10 a day easy!  
Get FREE food with SNAP's Fruit Card!***



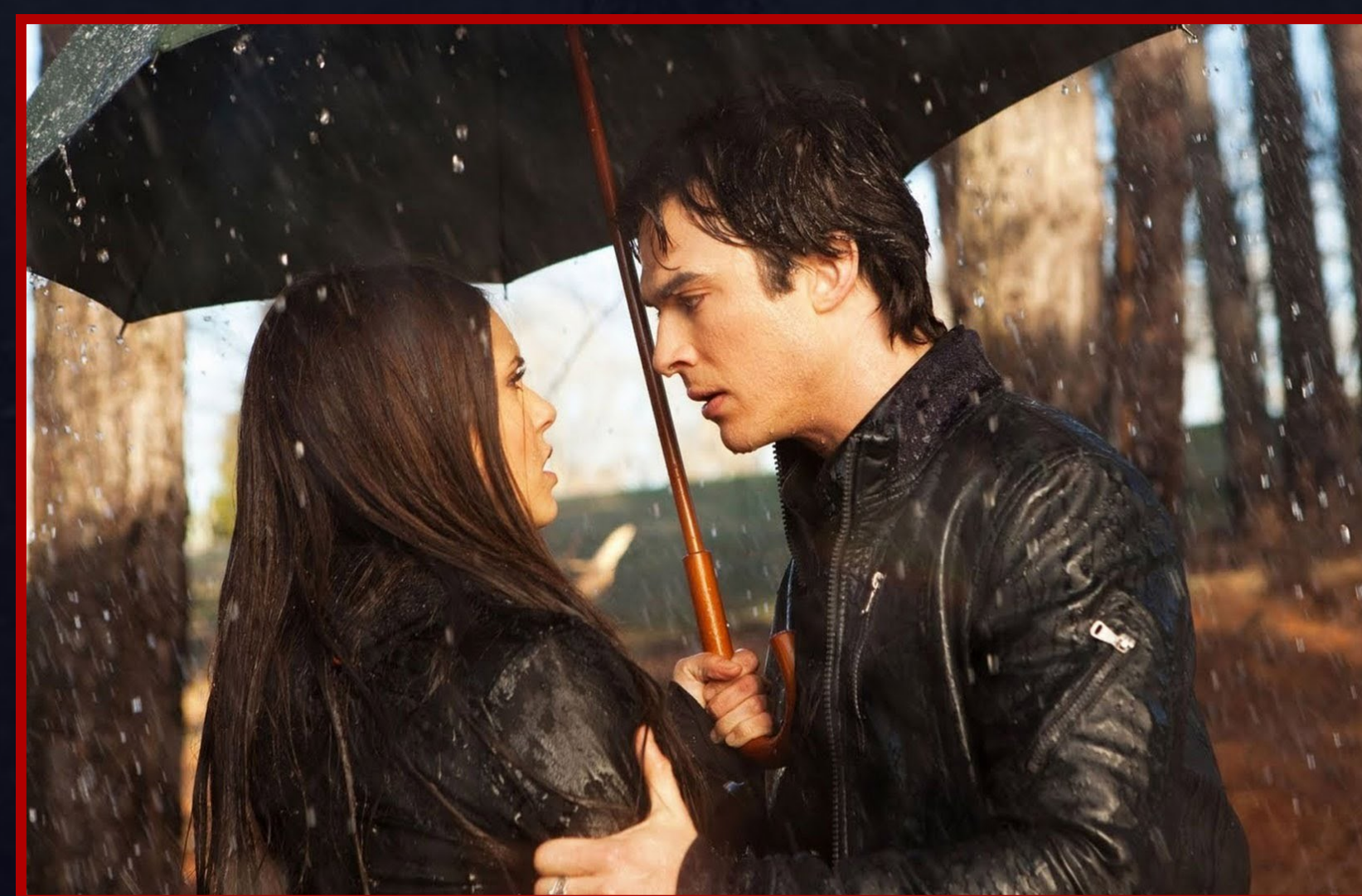
Improve your vegetable intake by...

- Having salad or carrot sticks instead of fries with your burger
- Getting steamed veggies or soup with your meal
- Filling half your plate with veggies

**Add fruit to your diet by...**

- Bringing a piece of fruit to class
- Mixing berries into your cereal or yogurt
- Enjoying whole fruit for dessert

***Choose a variety of colourful vegetables & fruit to get a wide range of nutrients!***



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