



Eat Plenty of Fruits & Vegetables

Fruits and vegetables are “free foods.” You can eat a lot and still lose weight. Also, fruits and vegetables are among the healthiest foods you can eat. **Your goal is to eat at least five to ten servings of fruits and vegetables every day or as many as it takes to feel full.**

- Try them cooked or raw (a piece of fruit or a cup of baby carrots make a great snack)
- Prepare quickly in the microwave
- Steam or stir fry (with broth, not oil) on the stove
- Grill, bake, or broil (with no-calorie butter spray)

Vegetables

Acorn squash	Butternut squash	Green Beans	Onions	Spinach
Artichokes	Cabbage	Green onions	Parsnips	Summer Squash
Arugula	Carrots	Jicama	Peas	Sweet potato
Asparagus	Cauliflower	Kale	Peppers	Swiss chard
Black beans	Celery	Kidney beans	Pigeon peas	Tomato
Black-eyed peas	Collard greens	Kohlrabi	Pinto beans	Turnips
Beets	Corn	Leeks	Plantains	Watercress
Beet greens	Cucumber	Lentils	Potatoes	Yams
Bok choy	Eggplant	Lettuce	Pumpkin	Yellow wax beans
Broccoli	Endive	Lima beans	Rutabaga	Zucchini
Brussels sprouts	Garbanzo beans	Mushrooms	Soybeans	
		Navy beans	Spaghetti Squash	
		Okra		

What Is a Serving of Vegetables?

- 1 cup of vegetables
- 1/2 cup beans (legumes)
- 3 cups lettuce

If using canned or frozen vegetables, avoid any added sauces and fats.

Fruits

Apples	Cherries	Kiwi fruit	Peaches	Strawberries
Apricots	Clementines	Kumquats	Pears	Tangerines
Bananas	Grapefruit	Mango	Persimmon	Watermelon
Blackberries	Grapes	Nectarines	Pineapple	
Blueberries	Guava	Oranges	Plums	
Boysenberries	Honeydew melon	Papaya	Pomegranate	
Cantaloupe		Passion fruit	Star fruit	

What Is a Serving of Fruit?

- whole piece of fruit
- 1 cup of fruit

If using canned or frozen fruits and vegetables, be sure to avoid any added syrups, sugar, or fats.

Fresh, frozen, or canned-they're all good for you!