



# 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	Green onions	Parsnips	Summer	Squash
Arugula	Jicama	Peas	Sweet potato	Swiss chard
Asparagus	Kale	Peppers	Tomato	Turnips
Black beans	Kidney beans	Pigeon peas	Plantains	Watercress
Black-eyed peas	Kohlrabi	Pinto beans	Potatoes	Yams
Beets	Leeks	Plantains	Pumpkin	Yellow wax
Beet greens	Lentils	Potatoes	Rutabaga	beans
Bok choy	Lettuce	Pumpkin	Soybeans	Zucchini
Broccoli	Lima beans	Rutabaga	Spaghetti	
Brussels sprouts	Mushrooms	Soybeans	Squash	
	Navy beans	Spaghetti		
	Okra	Squash		

## 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	Papaya	Pomegranate	
Cantaloupe	melon	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!***