

HOW MANY FRUITS & VEGGIES DO YOU NEED TO EAT?

Your daily recommendation depends on your age, sex, height, weight, and physical activity. It can also depend on whether you are pregnant or breastfeeding.

Here's A Way To Make It Easy - Every Time You Eat, Have A Plant® - it's easier than you think!

The Fruit Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. Fruits can be eaten whole, cut up, puréed (mashed), or cooked.

FRUIT DAILY RECOMMENDATIONS:

Toddlers, 12-23 months: **½-1 cup**
Children, 2-3 yrs: **1-1½ cups**
Children, 4-8 yrs: **1-2 cups**
Girls, 9-13 yrs: **1½-2 cups**
Girls, 14-18 yrs: **1½-2 cups**
Boys, 9-13 yrs: **1½-2 cups**
Boys, 14-18 yrs: **2-2½ cups**
Women, 19-30 yrs: **1½-2 cups**
Women, 31-59 yrs: **1½-2 cups**
Women, 60+ yrs: **1½-2 cups**
Men, 19-30 yrs: **2-2½ cups**
Men, 31-59 yrs: **2-2½ cups**
Men, 60+ yrs: **2 cups**

Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried. They can be whole, cut-up, or puréed (mashed).

VEGETABLE DAILY RECOMMENDATIONS:

Toddlers, 12-23 months: **⅔-1 cup**
Children, 2-3 yrs: **1-1½ cups**
Children, 4-8 yrs: **1½-2½ cups**
Girls, 9-13 yrs: **1½-3 cups**
Girls, 14-18 yrs: **2½-3 cups**
Boys, 9-13 yrs: **2-3½ cups**
Boys, 14-18 yrs: **2½-4 cups**
Women, 19-30 yrs: **2½-3 cups**
Women, 31-59 yrs: **2-3 cups**
Women, 60+ yrs: **2-3 cups**
Men, 19-30 yrs: **3-4 cups**
Men, 31-59 yrs: **3-4 cups**
Men, 60+ yrs: **2½-3½ cups**

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MANAGING TYPE 2 DIABETES: Every Time You Eat, Have A Plant®

Type 2 diabetes is a condition where the body doesn't use insulin properly, leading to high blood glucose levels. Treatment includes healthy eating, exercise, and possibly medications like insulin.

Fruits and vegetables are excellent for managing Type 2 diabetes. Here's why:

- They're rich in dietary fiber which aids in digestion, keeps you fuller longer and helps maintain stable blood glucose levels.
- They're packed with vitamins, minerals and "nutrient-like" compounds called phytochemicals which not only give produce their colors, but also can be protective against certain diseases.

For recipe inspiration, visit
fruitsandveggies.org.

HOW MUCH IS A CUP OF FRUITS & VEGGIES? Here are some examples:



1 Large Banana



1 Medium Grapefruit



8 Large Strawberries



1 Medium Potato



12 Baby Carrots



1 Large Ear of Corn

RESOURCES AVAILABLE TO YOU

Have A Plant® Fruit & Veggie Inspo: fruitsandveggies.org

American Diabetes Association: diabetes.org

Academy of Nutrition & Dietetics: eatright.org



HEALTHY EATING TIPS

- **Wondering if you can eat fruit? Yes!**

While fruit does count as a carbohydrate food, it has vitamins, minerals, and fiber just like vegetables.

- **Focus on whole fruits.** At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

- **When buying canned fruits,** choose fruits canned in 100% juice. Look for dried fruits with no- or lower added sugar.

- **Vary your veggies.** Vegetables are organized into 5 subgroups based on their nutrients: dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables.

- **Choose non-starchy veggies first.**

They keep you feeling full for longer without as many calories and carbs. Non-starchy veggies include broccoli, carrots, cauliflower, and more!

- **Focus on quality carbohydrates** like whole grains, beans, peas, and lentils, as well as starchy veggies, like corn and potatoes.

- **Choose lean proteins** and plant-based sources of protein like fish, poultry, lean cuts of pork, nuts, and soy.

- **Aim to have less added sugar** from cookies, pies, candy, and other desserts.

- **Focus on healthy sources of fat** like olive oil, avocado, nuts, and seeds.

- **Choose low-fat or fat-free dairy products.**

- **Choose water or zero-calorie beverages** as your go-to options.

- **Fresh, frozen, canned, as well as dried fruits and veggies all count** towards your daily recommendation.

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KEYS TO MANAGEMENT & PREVENTION

BALANCE BLOOD GLUCOSE LEVELS

- While other factors are at work, the food you eat plays a huge role in balancing your blood glucose (blood sugar) levels and minimizing the highs and lows.
- Eat fruits and vegetables to add fiber to your diet. Fiber helps sugar enter the blood more slowly and evenly after a meal, allowing insulin to effectively control blood glucose.
- Additionally, choose whole grains, which are rich in fiber, to help with blood glucose balance.
- Evenly spread the total amount of carbohydrates you eat throughout daily meals and snacks.

PHYSICAL ACTIVITY

- Along with diet and medications, regular physical activity is an important part of managing and helping to prevent diabetes. When you're active, your cells become more sensitive to insulin so it works more effectively to lower your blood glucose.
- You can start being active at any age! If you have never been active or have not been active for a while, it is important to start slowly. Note: Check with your health care team before you begin an exercise program.
- Keep motivated! Pick activities you enjoy and that fit into your lifestyle. Try taking the stairs, dancing, going for a bike ride or taking the dog for a walk.

