fruits and vegetables

men eat 9 a day

EAT 5 to 9 A DAY

Because they're counting on you.

They're counting on you. Be there.
Your family and friends are counting on you to be around for a long time.
Black men are at high risk for many serious and potentially fatal diseases including many cancers, high blood pressure, diabetes, and heart disease. Black men are also more likely to die or suffer health problems from these diseases than other men.
You can lower your chances for these diseases by eating a diet rich in fruits and vegetables. The National Cancer Institute recommends that men eat 9 servings of fruits and vegetables a day to promote good health and protect against these diet-related diseases.
Eating more fruits and vegetables may be one of the easiest things you can do for your health.
Good health is your birthright — protect it.
"My uncles died in their 50s from high blood pressure. It's a wake-up call for me to eat more fruits and vegetables. I want to be there for my family."
Count yourself healthy. Eat 9 servings a day.

Take a healthy bite.

Fruits and vegetables provide vitamins, minerals, and fiber that your body needs. They're also packed with hundreds of disease-fighting phytochemicals — natural substances that work as a team to protect good health. Only fruits and vegetables, not pills or supplements, can provide all of these nutrients together.

Eating more fruits and vegetables can also help you feel full on fewer calories because they're naturally high in fiber and water and low in fat and calories. Combined with a healthy, active lifestyle, eating fruits and vegetables can help your body perform better and help you feel great.

"I feel great when I eat fruits and vegetables — full, but not heavy. It's something I can do to help watch my weight."

what 9 a day looks like as part of a healthy diet

morning	counts as 1	counts as 1
mid-day	counts as 2	counts as 1
evening	counts as 2	counts as 1 counts as 1

Eat a variety of colorful fruits and veggies every day.

Eat fruits and vegetables of different colors — green, yellow-orange, red, blue-purple, and white — to get as many nutrients as possible. Each color provides different phytochemicals and nutrients that work together to protect your health.

green Leafy greens (collard, mustard, and turnip greens, swiss chard, kale, spinach and lettuces), asparagus, green peppers, broccoli, green beans, peas, green cabbage, green onion, brussels sprouts, okra, zucchini, chinese cabbage (napa/bok choy), green apples, green grapes, honeydew melon, kiwifruit, limes

yellow-orange Carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, rutabagas, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, tangerines, apricots, mangoes, papayas

red Tomatoes, spaghetti sauce, tomato juice, tomato soup, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, pomegranates

blue-purple Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, black currants

white Cauliflower, mushrooms, white beans, onions, garlic, parsnips, shallots, turnips, ginger, jicama, bananas, pears

Tips to reach your 9 a day. Start today.

1 Have a glass of 100% juice in the morning.

2 Snack on fresh fruit throughout the day. Grab an apple or banana on your way out the door.

3 Eat a big salad at lunch.

4 Snack on raw veggies.

5 Keep dried fruit in your desk drawer for a quick snack.

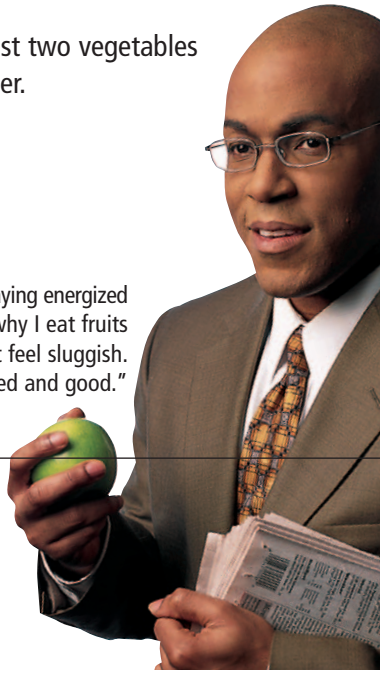
6 Enjoy your favorite beans and peas. For extra flavor, use lean ham instead of bacon.

7 Eat your greens — just watch the fat. Use lean meats for flavor instead of ham hocks and fatback.

8 Eat at least two vegetables with dinner.

9 Eat fruit for dessert.

"I have to stay sharp every day, so staying energized is really important to me. That's why I eat fruits and vegetables — I don't feel sluggish. I feel nourished and good."



Exactly what's a serving?

It's smaller than most people think. For example:

- **A small glass of 100% fruit or vegetable juice**
  (3/4 cup or 6 oz.)
- **A medium-size piece of fruit**
  (an orange, small banana, medium-size apple)
- **One cup of raw salad greens**
- **1/2 cup of cooked vegetables**
  (about the size of a baseball)
- **1/2 cup of cut-up fruit or vegetables**
- **1/4 cup of dried fruit**
  (about the size of a golf ball)
- **1/2 cup of cooked beans or peas**

*United States Department of Agriculture, Dietary Guidelines for Americans 2000

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