



# Nutrition Tips from Learn To Live

## Be Sure to Eat Lots of Fruits and Vegetables

Eating lots of fruits and vegetables may help protect you from cancer. Doctors say you should eat at least five fruits and vegetables every day.

All fruits are good for you. Eat lots of different fruits. Eat lots of colorful fruits, like strawberries, mangoes, nectarines, peaches, bananas, oranges, lemons, and limes. Choose fresh fruit when you can. Frozen fruit, canned fruit, and juice are good choices too.

Vegetables have lots of good things too. Eat plenty of tomatoes, peppers, carrots, broccoli, onions, and sweet potatoes. Eat vegetables baked, broiled, or steamed. Frying adds lots of fat and calories. Add flavor to your vegetables with spices like cumin, pepper, chili powder, garlic, and salsa instead of margarine, lard and chorizo. Beans, peas, and lentils are full of protein and fiber. Eat lots of them.

## What is a serving?

One serving is:

1 medium-sized piece of fruit

1/2 cup chopped, cooked, or canned fruit

1/4 cup dried fruit

1 cup lettuce or salad

1/2 cup cooked vegetables

1/2 cup cooked beans or lentils