

Eating More Makes a Difference

It is probably safe to say that most of us could afford to eat more fruits and vegetables each day. Even though it can be a bit of a struggle to get the recommended amounts, the benefits are certainly worth the effort. Fruits and vegetables are part of a well balanced diet and they can help keep you healthy. They contain essential vitamins, minerals and fiber that may help protect you from many chronic diseases and some cancers. They are also:

- Low in sodium
- Low in fat
- Low in calories
- Cholesterol free



How much do you need?

The number of servings of fruits and vegetables you should consume is based on your individual calorie needs. Based on a 2000 calorie diet, an individual should consume 2 servings of fruits and 2 ½ servings of vegetables each day. You may need more or less depending on your individual calorie needs.

How to get more each day.

You know fruits and vegetables are good for you, but you still find it difficult to work them into your daily eating plan.

Try these ideas to increase your intake.

- At home, keep a bowl of fruit on your counter or have fruits and veggies washed and in the refrigerator, ready to grab and go.
- Put sliced fruit on top of breakfast cereal.
- Include a green salad with a variety of sliced vegetables with dinner.
- For dinner, plan a vegetable main dish once a week such as vegetable stir-fry or vegetable soup.
- Stock up on frozen fruits and vegetables so they're always available.

Since fruits and vegetables are low in calories, they can help with weight loss when eaten in place of higher calorie foods. So what are you waiting for? The next time you feel the urge to snack, grab some carrots or celery or an apple or a pear. They taste great and your body will thank you.

Success Stories

"My Health Coach has helped make this difficult time a little easier and allowed me to focus on making the healthy lifestyle changes."



Success Story

I recently suffered a death in the family, and this has made life challenging to say the very least. I have had high blood pressure for some time but have never really focused on what I could do to make it better. My Health Coach has helped show me the way and given me great, practical advice on how to make lasting changes. I now walk two to four miles each day for exercise. I have increased my fruit and vegetable intake to seven servings per day. I have even lost a little weight, which is always a bonus. Most importantly, I'm getting my blood pressure under control. My diastolic blood pressure is down from the 100's to 87! I am thrilled by the progress I have made. Your support has helped make this difficult time a little easier and allowed me to continue to focus on making the healthy lifestyle changes that I am determined to make.

Maggie

Coach Highlight

Health coaching is both professionally and personally rewarding. As a nurse for the past 20 years, I have had the opportunity to help others in several ways. My past surgical career gave me a look at what can happen when simple health issues are neglected. And being a Health Coach for the past five years has allowed me to help other's make the necessary lifestyle changes to actually prevent illness. I get a great sense of self-satisfaction when I help someone by supplying information, clarifying information they already have and working with them to develop a plan to reach their desired goals. Working here has also reminded me about the importance of always having a personal health goal to strive for.

Diana

