



What's always in season? More fruits and vegetables

Good nutrition is the single most important factor in promoting health and reducing your risk for chronic disease. Fruits and vegetables play a huge role in keeping you healthy, happy – and, if you're trying to maintain a healthy weight, full. Whether fresh or frozen, canned or cut-up, dried or pureed, fruits and vegetables offer unparalleled health benefits.

Serving says ...

For whole health, think half. Half of what, you ask? Half of whatever you're eating. At breakfast, lunch and dinner, fruits and vegetables should take up at least half of the real estate in your cup, bowl or plate.

Mix and match

Fruits and vegetables come in an assortment of shapes, sizes and colors. Make picking produce fun by mixing things up:

Fruits

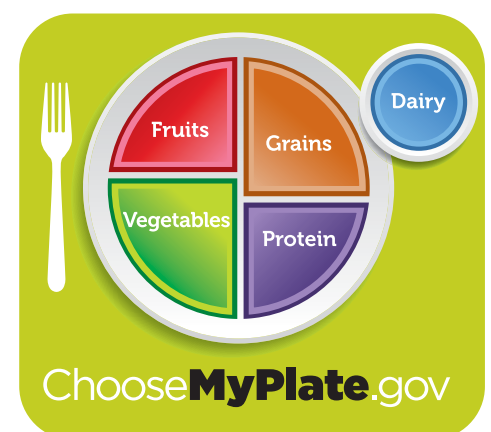
- Berries – strawberries, blueberries, raspberries
- Melon – cantaloupe, honeydew, watermelon
- Apples, pears, oranges
- Grapes, peaches, cherries, plums

Vegetables

- Dark green – bok choy, broccoli, spinach
- Starchy – corn, peas, potatoes
- Red and orange – squash, carrots, tomatoes
- Beans/legumes – black, navy, pinto or lentils
- Other – asparagus, beets, cucumbers, zucchini

Need help filling your plate with the good stuff?

Visit www.choosemyplate.gov to get the dish on nature's bounty.



Want to make better choices
with what you drink and eat?

Check out our healthy eating
section for tips and tricks on
better beverage and food choices.

Visit www.ProvidenceHealthPlan.com
and click on "Find your fit."