

Remember to Eat Your Fruits and Vegetables

Why is it important to eat fruits and vegetables?

Fruits and vegetables (“veggies”) provide many health benefits that help prevent some illnesses like cancer, type 2 diabetes, obesity, and heart disease.

What kind of fruits and veggies should you eat?

Eating fruits and veggies in a variety of colors provides important vitamins and minerals for your body.

How many fruits and veggies should you eat?

The amount of fruits and veggies you need to eat depends on your age, gender, and physical activity level. An easy way to make sure you eat enough every day is to make half of your plate full of fruits and veggies at each meal.

What seasonal fruits and veggies are available this time of year?

Choose fruits and veggies that are in season because they taste better, may cost less, and may provide you with more nutrients!



July	Peppers, blueberries, cucumbers, green beans, peaches, squash, tomatoes, watermelon
August	Beets, blackberries, blueberries, cantaloupe, cucumbers, grapes, green peppers, peaches, strawberries, sweet corn, tomatoes, watermelon
September	Apples, broccoli, cucumbers, grapes, peppers, pumpkin, raspberries, squash, tomatoes
October	Apples, broccoli, cucumbers, grapes, green beans, green peppers, greens/spinach, pumpkins, raspberries, squash, tomatoes
November	Apples, broccoli, peppers, greens/spinach

For more information: www.choosemyplate.gov/MyPlate



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