



The Be Fit Minute

By Emily Gelsomin, MLA, RD, LDN



Fruits and vegetables can help you:

- Lose weight
- Reduce risk of cancer
- Maintain a healthy immune system
- Reduce cholesterol
- Age better
- Reduce your blood pressure
- Feel better
- Have better blood sugar control

Are you getting enough? DAY: _____

FRUIT

1 cup fresh fruit (or canned in water) OR 1 piece of fruit
OR ¼ cup dried fruit

- | | | | | | |
|---------------------------------------|--------------------------------------|--|-------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Guava | <input type="checkbox"/> Mango | <input type="checkbox"/> Peach | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Cherries | <input type="checkbox"/> Honeydew | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Pear | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Oranges | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Fresh figs | <input type="checkbox"/> Kumquats | <input type="checkbox"/> Tangerines | <input type="checkbox"/> Starfruit | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Grapes | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Papaya | <input type="checkbox"/> Plums | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Dried figs | <input type="checkbox"/> Dried cranberries | <input type="checkbox"/> Raisins | <input type="checkbox"/> Dried apricots or prunes | <input type="checkbox"/> _____ |

Goal: 2 per day

VEGETABLES

1 cup cooked or raw vegetables OR 2 cups leafy greens

- | | | | | |
|-------------------------------------|--------------------------------------|---|-------------------------------------|--|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Carrots | <input type="checkbox"/> Green beans | <input type="checkbox"/> Turnip | <input type="checkbox"/> Bean sprouts |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Herbs | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Celery | <input type="checkbox"/> Lettuce (e.g. boston, romaine) | <input type="checkbox"/> Spinach | <input type="checkbox"/> Greens |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onion | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Orange squash |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Collards | <input type="checkbox"/> Peppers (red, green, etc.) | <input type="checkbox"/> Tomatoes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Summer squash | <input type="checkbox"/> Watercress | <input type="checkbox"/> _____ |

Goal: 3 per day