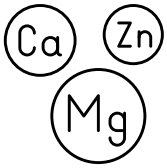




EMBRACE THE POWER OF FRUITS AND VEGETABLES TO NOURISH YOUR BODY AND PREVENT DISEASE.

Why should I consider consuming more fruits and vegetables?

Consuming enough fruits and vegetables everyday is one of the most impactful lifestyle changes a person can make.



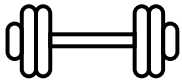
Nutrient Powerhouses:

Fruits and vegetables are packed with an abundance of vitamins, minerals, and antioxidants that are vital for your body's proper functioning. They provide a wide range of nutrients like vitamin C, potassium, fibre, and phytonutrients that support your immune system, heart health, and digestive system.



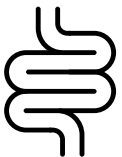
Disease Prevention:

Many studies have shown that diets rich in fruits and vegetables are associated with a lower risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. Their potent antioxidants help neutralize harmful free radicals and protect your cells from damage. Fruits and vegetables are rich in fibre which helps reduce cholesterol and cardiovascular disease risk.



Weight Management:

Including ample fruits and vegetables in your meals can help with weight management. Fruits and vegetables are low in calories, high in fibre, and provide a feeling of fullness, making it easier to control appetite and maintain a healthy weight.



Digestive Health:

The fibre found in fruits and vegetables is excellent for your digestive health and is a key food source for many species of beneficial bacteria that live within the digestive tract. These bacteria play a crucial role in digestion, nutrient absorption, and immune function.



Improved Skin:

The vitamins and antioxidants in fruits and vegetables promote healthy skin. They help combat aging, boost collagen production, and contribute to a radiant, youthful appearance.



Variety and Flavour:

With an incredible array of colours, textures, and flavours, fruits and vegetables can add excitement and variety to your meals. Exploring seasonal produce can turn healthy eating into a delightful culinary adventure. It is important to enjoy the food you eat.

How many fruits and vegetables should I consume in a day?

Many evidence based food guides recommend allocating half of your plate each meal to fruits and vegetables. This method of proportional measuring seems to be easier to implement than thinking of food in "servings" which are highly variable depending on the food.



HOW TO ADD MORE FRUITS AND VEGETABLES TO YOUR DIET

Start with Small Steps:

If you're not used to eating many vegetables, you can start small by adding a single portion to your meals each day. Gradually increase the amount over time until it becomes a regular part of your diet



Explore Different Colours:

Aim to include a diverse range of colourful vegetables in your meals. Each colour signifies a unique set of nutrients and antioxidants, so a variety of colours means a broader range of health benefits.



Sneak Them In:

Add vegetables to the dishes you already love. For example, add spinach or kale to your morning smoothie, mix grated carrots into pasta sauce, or load up your pizza with colourful bell peppers and mushrooms. If you have a recipe that already contains vegetables, you can often double the amount that is called for and adjust the seasonings.



Make Veggie-Based Soups:

Vegetable soups are not only delicious but are also an excellent way to consume multiple servings of vegetables in one bowl. For extra flavourful soups, add more herbs than the recipe calls for. Soups are a great way to use up extra vegetables you have sitting in the fridge at the end of the week. Soups can also be portioned out and frozen for easy midweek meals or sides.



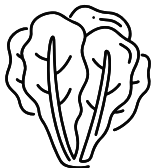
Prepare Fruit and Veggie Snacks:

Keep pre-cut vegetables like carrots, cucumber, celery, and cherry tomatoes on hand for quick and healthy snacks. Pair them with hummus or guacamole for added flavour. Fruit is often a convenient snack in a pinch. Some chia pudding with fruit is light but filling.



Create Colourful Salads:

Get creative with salads by adding a mix of leafy greens, cherry tomatoes, cucumbers, avocados, grated carrots, sprouts and other vegetables you enjoy. Top them with nuts, seeds, or lean protein for a satisfying and nutritious meal.



Add a Smoothie to Your Breakfast:

Smoothies are a great way to get a few servings of fruit first thing in the morning. Greens, like spinach, blend well into smoothies for added nutrition.



Add Fruit to Your Breakfast:

Oatmeal or cereal is a lot more enjoyable with some fresh fruit added to it. Adding fresh apple or banana to oatmeal is delicious. If pressed for time, you can chop up a variety of fruit and mix them together as a fruit salad that can be kept in the fridge and added to breakfasts as needed.



HOW TO ADD MORE FRUITS AND VEGETABLES TO YOUR DIET



Veggie Stir-Fries:

Stir-fries are an excellent way to use a variety of vegetables and create flavourful dishes. Add your favourite vegetables, along with a lean protein, and season with soy sauce or other herbs and spices for a tasty and healthy meal.



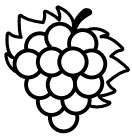
Vegetable-Based Side Dishes:

Roast or steam vegetables like broccoli, Brussels sprouts, or sweet potatoes as a delicious side dish to accompany your main meal.



Make Desserts Out of Fresh or Frozen Fruit:

It is nice to have something sweet after dinner. Fresh fruit can often satisfy that craving. Frozen fruit can be blended or pressed in a dessert bullet into frozen desserts. Frozen grapes are delicious.



Use Instant Pots or Pressure Cookers:

Modern pressure cookers are a lot less scary and more user friendly than stove top versions and can dramatically reduce cooking time. Pressure cookers can be used to make soups, chillies, curries, gumbos and biryanis, all of which can be loaded with vegetables.



Be Adventurous:

If you are not having fun changing your diet, you are doing it wrong. There is a world of fruit and vegetable rich recipes to try. Experiment with new flavours and dishes that you have not tried before. Some cooking methods enhance the taste of vegetables better than others. Beets, potatoes and even Brussels sprouts can be wonderful roasted with garlic and rosemary. Greens brighten up when sautéed with lemon juice or apple cider vinegar. Spiralizing vegetables give them interesting textures.



It is okay to go slow and build your repertoire of favorite vegetable dishes slowly over time. Cookbooks can be a useful source of inspiration and are available through the library. Some can be accessed online for free. Try things and have fun, keep the recipes you like and learn about your tastes from the ones you don't like.



Need more support?

Nutrition is a big part of my practice and I am here if you need guidance, understanding or encouragement.



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