



Statewide News Release

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Eat More! Fill Your Plate with Fruits and Veggies

*52 Weeks of Public Health Campaign Spotlight:
Fruits & Veggies- More Matters Month*

FRANKFORT, Ky. (Sept. 28, 2017) – As part of the 52 Weeks of Public Health campaign, the Kentucky Department for Public Health (DPH) within the Cabinet for Health and Family Services (CHFS) is striving to help Kentuckians fill their plate with more fruits and vegetables during Fruits and Veggies-More Matters Month.

Choosing healthier foods like fruits and vegetables instead of high fat and calorie foods can help you and your family reach and maintain a healthy weight. Combined with physical activity, eating the right amount of fruits and vegetables can keep your family healthy by helping them reach their optimal health potential. Kentuckians who eat more colorful fruits and vegetables as part of a healthy diet have reduced risk of chronic diseases such as stroke, type 2 diabetes, certain types of cancer, heart disease and high blood pressure.

DPH encourages all Kentuckians to make fruits and vegetables half of every meal you eat. The key to achieving this goal is substitution, which can also decrease the total amount of calories eaten each day. DPH offers the following tips for choosing more fruits and vegetables as part of an everyday well balanced diet:

- Choose pieces of fresh, whole fruit instead of baked goods for a sweet snack.
- Choose crunchy vegetables instead of chips for a lunchtime side dish.
- Choose broth based vegetable soups instead of cream-based for a lower fat alternative.
- Choose a fruit smoothie instead of a milkshake.
- Choose fruits and veggies packed in water or 100 percent juice rather than fats, oils or creamy sauces.

The next time you cook or order a meal remember to make fruits and veggies about half of each meal you eat. To learn more about the benefits of fruits and veggies as well as find healthy recipes, visit [Fruits & Veggies-More Matters](#).

The Cabinet for Health and Family Services is home to most of the state's human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services, the Department for Public Health, and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians.