



**Kentucky Public Health**

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## **Eat More! Fill Your Plate with Fruits & Veggies**

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



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**FRANKFORT, Ky. (September 20, 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 & 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. Fruits and vegetables provide an unrivaled combination of great taste and come in a variety of product forms including fresh, frozen, canned, dried, and 100 percent juice. Fruits and vegetables offer great value, and not only are they good for your body, but they are also good for your budget.

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. Fruits and vegetables of different colors; red, dark green, yellow, blue, purple, white and orange, provide a broad range of vitamins, minerals and nutrients critical for your overall health. 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.

The Kentucky Department for Public Health 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% 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](#).

Interested in learning more about healthy Kentucky lifestyle? Through our 52 Weeks of Public Health campaign, the Kentucky Department for Public Health will spotlight public health issues as well as highlight services and resources available to Kentuckians statewide. Follow us on [Facebook](#) for your weekly tip.