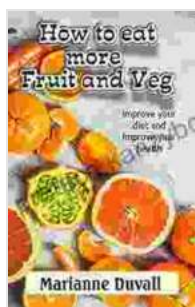


How to Eat More Fruit and Veg

Eating a healthy diet is essential for overall health and well-being. One of the most important components of a healthy diet is fruits and vegetables. Fruits and vegetables are packed with vitamins, minerals, and antioxidants that are essential for good health. They can help reduce the risk of chronic diseases such as heart disease, stroke, cancer, and type 2 diabetes. They can also help maintain a healthy weight, boost energy levels, and improve mood.

Despite the many health benefits of fruits and vegetables, many people do not eat enough of them. In fact, according to the Centers for Disease Control and Prevention (CDC), only about one in ten adults eats the recommended amount of fruits and vegetables each day.



How to Eat More Fruit and Veg: Improve your diet and improve your health by Marianne Duvall

★★★★★ 5 out of 5

Language : English
File size : 2630 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 81 pages
Lending : Enabled

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If you are not eating enough fruits and vegetables, there are a few things you can do to make it easier to get your daily dose. Here are a few tips:

- **Make fruits and vegetables more accessible.** Keep a bowl of fruit on the counter or in the fridge so that you can easily grab a piece when you are hungry. Cut up vegetables and store them in the fridge so that they are ready to eat when you are short on time.
- **Add fruits and vegetables to your meals.** Add a side of fruit or vegetables to your breakfast, lunch, and dinner. You can also add fruits and vegetables to smoothies, salads, and sandwiches.
- **Snack on fruits and vegetables.** Fruits and vegetables make a healthy and satisfying snack. Keep a bag of fruit or vegetables in your car, purse, or backpack so that you can have a healthy snack on hand when you are on the go.
- **Make fruits and vegetables fun.** Try new fruits and vegetables. There are many different varieties of fruits and vegetables available, so there is sure to be something that you will enjoy. Get creative with your fruits and vegetables. You can make fruit salads, vegetable platters, or fruit smoothies.

Eating more fruits and vegetables is essential for good health. By following these tips, you can make it easier to get your daily dose of fruits and vegetables and improve your overall health.

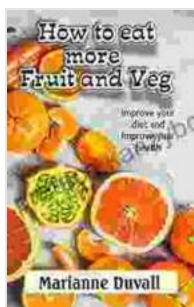
Additional tips for eating more fruit and veg

- **Buy fruits and vegetables in season.** In-season fruits and vegetables are typically more affordable and have a better flavor.

- **Choose fruits and vegetables that are brightly colored.** Brightly colored fruits and vegetables are typically higher in vitamins and minerals.
- **Eat a variety of fruits and vegetables.** Different fruits and vegetables contain different vitamins and minerals. Eating a variety of fruits and vegetables will help you get the nutrients you need.
- **Don't be afraid to experiment.** There are many different ways to cook and prepare fruits and vegetables. Try new recipes and find new ways to enjoy your fruits and vegetables.

Eating more fruits and vegetables is a simple and effective way to improve your health. By following these tips, you can make it easier to get your daily dose of fruits and vegetables and enjoy the many health benefits they have to offer.

Eating more fruits and vegetables is essential for good health. By following the tips in this article, you can make it easier to get your daily dose of fruits and vegetables and improve your overall health.



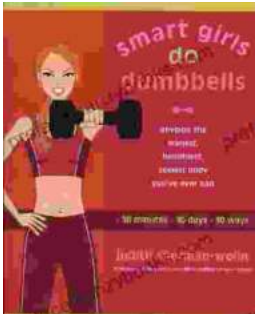
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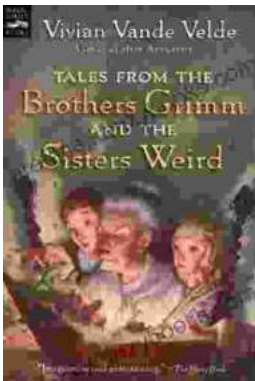
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