



Harmony in Health

A series on nutrition and our bodies



Memorial Community
Hospital & Health System

Blair • Fort Calhoun • Tekamah

Why You Should Eat More Fruits and Veggies

Remember when your mom nagged you constantly to eat your vegetables? Well, she knew that they were good for you, and she was right! You should eat them, LOTS of them! “Eat the rainbow” is my advice. Each one has a different set of nutrients that we need, so variety is key. It is recommended that we get 5 servings/day or more for optimal health. I always say, fill half your plate with non-starchy veggies (lunch and dinner) and add a few servings of fruit throughout the day too.

There are lots of reasons fruits and vegetables are good for our health:

- They contain many vitamins and minerals our bodies need to function properly.
- They contain anti-oxidants and phytochemicals to remove toxins.
- They are a good source of fiber for maximizing gut health and provide bulk that aids in satiety.
- They are high in water, which not only helps with hydration but satiety.
- Diets rich in fruits and veggies have been strongly associated with reduced risk of cardiovascular disease, cancer, diabetes, and high blood pressure.
- Studies have shown that people who increased their intake of fruits and *vegetables over a 24-year period were more likely to have lost weight than those who ate the same amount or those who decreased their intake.



Meet the Author

Heather Miller, Registered Dietitian

Inpatient nutritional care and
customized outpatient counseling