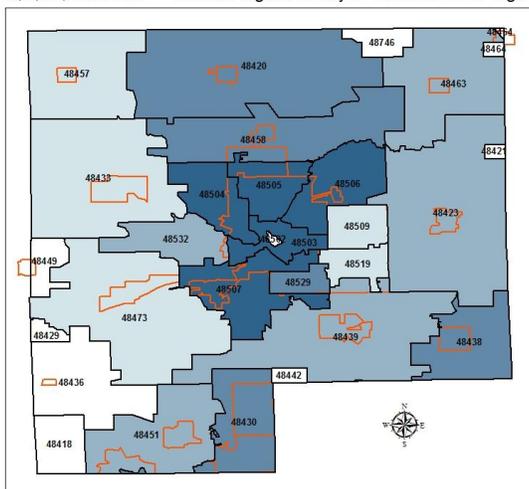


Speak To Your Health! Fruits and Veggies—More Matters

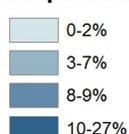
Fruits and vegetables are an essential part of a healthy diet. Eating plenty of fruits and vegetables can reduce your risk for chronic diseases such as hypertension and type 2 diabetes. You should fill half your plate with fruits and veggies at every meal.¹ Fruits and vegetables are also usually low in fat and calories.²



2011 Speak to Your Health!
Genesee County Community Survey
Proportion of respondents who have some or a lot of difficulty getting a grocery store or supermarket that has a good variety of fresh fruits and vegetables



Proportion



DID YOU KNOW?

The Speak To Your Health! Community Survey is a resource that provides information about healthy eating in Genesee County. The results of the 2011 survey found that fruit and vegetable consumption has increased steadily in Genesee County over the past years, but there are still ways to add more fruits and vegetables to your diet:

- Only 27% of Genesee County residents eat at least 5 fruits and vegetables each day
- Women in Genesee County are more likely to eat the recommended servings of fruits and vegetables each day than men: 27% of women report eating at least 5 servings of fruits and vegetables each day, compared to only 19% of men
- 14% of people living in Genesee County have a difficult time getting to a grocery store with a good selection of fruits and vegetables

WHAT CAN YOU DO?

Choose fresh fruits and vegetables when you can, but frozen, canned, or dried are also good. Frozen fruits and vegetables are usually salt free.

Add lettuce or tomato slices to your sandwich. This is an easy way to add more fruits and vegetables to your diet.

Choose fruits and vegetables in a variety of colors. Different colors mean you are getting an assortment of vitamins and minerals that are important for good health.

WHERE CAN YOU GET MORE INFORMATION?

- **Meet with a Dietitian at Hurley Diabetes Center** (810) 262-2310
- **Flint Farmers' Market** (810) 232-1399 <http://flintfarmersmarket.com/>
- **Mr. Rogers Garden Program** <http://catholiccharitiesflint.org/mrrogersprogram.aspx>
- **Fruits & Veggies—More Matters** <http://www.fruitsandveggiesmorematters.org/>
- **Double Up Food Bucks** <http://www.doubleupfoodbucks.org/>
- **Project Fresh** <http://www.projectfresh.msu.edu/>

The Community Survey is funded by CDC grants to the Prevention Research Center of Michigan (PRC/MI) and Michigan Youth Violence Prevention Center (MI-YVPC) and by the Crim Fitness Foundation.

¹Produce for Better Health Foundation, Fruits & Veggies—More Matters. (2012). *Why fruits & veggies?* Retrieved from website: <http://www.fruitsandveggiesmorematters.org/why-fruits-veggies>

²Centers for Disease Control and Prevention, (2012). *Nutrition for everyone: Fruits and vegetables.* Retrieved from website: <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>