

1. Vegetables and Fruits

MODULE 5

Have plenty of vegetables and fruits



When putting together a healthy meal, half of your plate should include vegetables and fruits. Include vegetables and fruits at every meal and snack.

Eat a variety of vegetables and fruits. Colourful vegetables and fruits are richer in certain important nutrients. Enjoy salads, broccoli, spinach, squash, sweet potatoes, carrots, cantaloupe, and oranges.

Vegetables and fruits can be eaten fresh, raw, slightly cooked, canned, or frozen.

Choose canned vegetables with little or no sodium added. You can drain and rinse to lower the sodium. Choose canned fruit with little or no added sugar.

Fruit juice is high in sugar. Have a glass of water instead with whole or cut vegetables or fruits.

Make it easy to snack on vegetables and fruits by washing and slicing them ahead of time. Prepare extra vegetables when you're making a meal, then freeze or refrigerate so it's easy to add them next time. For other ideas to help you eat more vegetables and fruits, visit this website

: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a...>