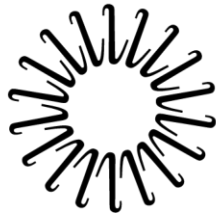


Fruits Vegetables & Whole Grains



Lifespan Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital
Newport Hospital

Delivering health with care.®



Center for Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital

How are we doing?

- ☐ 33% of adults consume fruit two or more times per day
- ☐ 27% of adults consume vegetables three or more times per day.
- ☐ 40% of Americans never eat whole grains
- ☐ Typical American Diet contains ~80% more added sugars than recommended

Where do we need to be?

- Fruits – 2 cups daily (4 servings)
- Vegetables 2½ cups daily (5 servings)
- Whole Grains – 3 to 5 servings or more daily
- Fiber 25 – 38 grams daily



Benefits

- ☐ Energy (calories)
- ☐ Fiber
- ☐ Vitamins & minerals
- ☐ Antioxidants & phytonutrients
- ☐ Lowers risk of many chronic diseases including cancer
- ☐ Contributes to healthy skin, eye sight
- ☐ Helps to regulate body weight

What is a serving?

☐ A serving of fruits:

- ▣ ½ cup of chopped fresh fruit
- ▣ 1 medium fruit (size of tennis ball)
- ▣ 6oz 100% juice



☐ A serving of vegetables:

- ▣ ½ cup of cooked vegetables
- ▣ 1 cup raw or leafy vegetables
- ▣ 1 small baked potato (size of fist)
- ▣ 6oz 100% vegetable juice



Serving size: 1 cup



Tips for eating more:

☐ **Breakfast:**

- ☐ Yogurt with berries
- ☐ Wheat bread with peanut butter and bananas
- ☐ Vegetable omelet

☐ **Snacks:**

- ☐ Piece of fruit (no prep needed)
- ☐ Vegetables with fat free dip

☐ **Lunch & Dinner:**

- ☐ Extra vegetables and less cheese on pizza
- ☐ Fill half your plate with vegetables
- ☐ Extra vegetables on your sandwich like spinach leaves
- ☐ Chop veggies into tomato sauce and add to wheat pasta

What are whole grains?

Definition of whole grains:

- ☐ Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed.
- ☐ How do you know if your food is whole grain?

The following is a list of whole grains:

- ☐ Amaranth
- ☐ Barley
- ☐ Buckwheat
- ☐ Corn (including whole cornmeal and popcorn)
- ☐ Millet
- ☐ Oats (including oatmeal)
- ☐ Quinoa
- ☐ Rice (both brown rice and colored rice)
- ☐ Rye
- ☐ Sorghum (also called milo)
- ☐ Teff
- ☐ Triticale
- ☐ Wheat
- ☐ Wild Rice

Handout contains cooking directions!

How much do we need

Age	Women	Men
19 – 30	3 to 6	4 to 8
31 – 50	3 to 6	3.5 to 7
51+	3 to 5	3 to 6

Amounts listed as number of servings

1 Serving of grains:

- ½ cup cooked rice, pasta or oatmeal
- 1 slice bread
- ½ to ¾ cup cereal

Fiber



- 25 to 38 grams per day
- 2 types of fiber – soluble and insoluble
- At least 7 grams from soluble fiber
- 5 grams of fiber or more = good source of fiber
- Drink plenty of water!

Fit fiber into your day

☐ **Breakfast** = 7grams fiber

☐ $\frac{3}{4}$ cup Raisin Bran

☐ Banana (large)

☐ **Lunch** = 11.9 grams fiber

☐ 1 cup spinach salad

☐ Sandwich on 2 slices 100% whole wheat

☐ $\frac{1}{2}$ cup pineapple

☐ **Snack** = 4.3 grams fiber

☐ Pear

☐ **Dinner** = 12.9 grams fiber

☐ 1 cup whole wheat pasta

☐ 1 cup stir fried vegetables

☐ Orange (small)

☐ **Snack** = 2 grams fiber

☐ 3 cups popcorn

☐ **Totals = 38 grams fiber & 10 gram soluble fiber**

Ideal eating

- Grains – switch to whole grains
- Eat vegetables and/or fruit at every meal and snack
- Aim for 25 to 38 grams fiber daily
- Decrease added sugars by limiting sweets, sweetening cereal with fruit instead of sugar, limiting sugary beverages