



# Our Families

# Our Hearts

Youth  
Take  
Heart

Volume 3 Number 1

Fall 2006

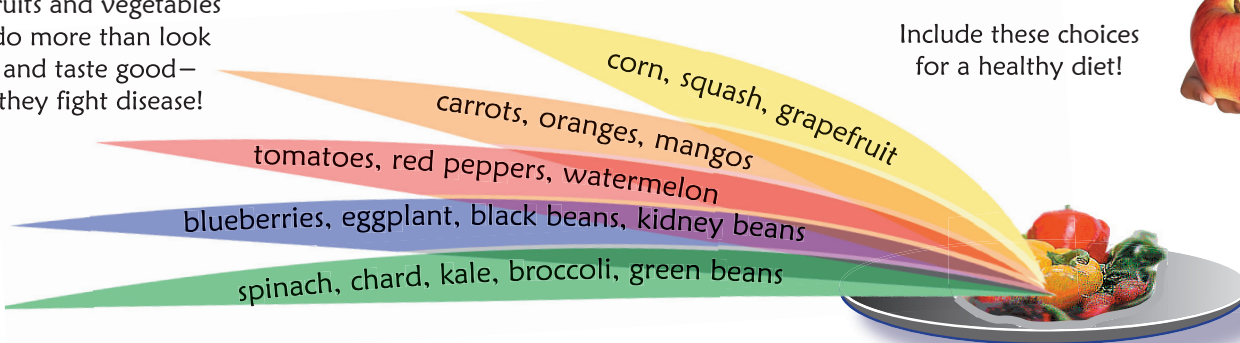
## Improve your heart health by eating more fruits and vegetables!

**Adding daily fruits and vegetables to your diet** can help control obesity, high levels of LDL (bad) cholesterol, and high blood pressure, three risk factors for heart disease. So how much should you eat? Aim to add 2 cups of fruits and 2½ of vegetables every day.



### Color Your Plate!

Fruits and vegetables do more than look and taste good—they fight disease!



### How to do it?

- Try some fruit in your morning cereal or yogurt. Bananas are good, but berries, especially blueberries, are better!
- Chunk up pre-made soups, pastas, even chicken and tuna salad, with leftover or frozen vegetables. Add broccoli, peppers, squash, and tomatoes (among others) to enhance the heartiness and flavor of a meal.
- Wash and cut green beans, carrots, and radishes ahead of time and refrigerate in clean plastic containers for quick and healthy snacks. Having cubed melon on hand helps curb pre-dinner hunger.

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Organic produce is great, but all fresh and frozen fruits and vegetables have benefits.

**ALERT!**  
Canned fruit and vegetables are high in sugar and salt. Use sparingly.



### What's A Serving Size?

A small glass of 100% fruit or vegetable juice (¾ cup or 6 ounces)

A medium-size piece of fruit (an orange, small banana, medium-size apple)

One cup of raw salad greens

½ cup of cooked vegetables

½ cup of cut-up fruit or vegetables

¼ cup of dried fruit

½ cup of cooked beans or peas

One serving of fruits and vegetables should fit within the palm of your hand. It's smaller than you think, huh?

Look at the palm of your hand and ask, "How many times can I eat this amount of fruits and vegetables?" How about 5 to 9?

A typical portion is often more than one serving. A large salad, for example, can add up to 2 to 3 servings.

Youth Take Heart is a partnership between University of Washington Engineered Biomaterials (UWEB), Washington State Math, Engineering, Science Achievement (MESA), and The Hope Heart Institute.

The project described is supported by Grant Number 5R25RR018633-04 from the National Center for Research Resources (NCRR), a component of the National Institutes of Health (NIH). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NCRR or NIH.