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UTM EatWell

Green and Orange Vegetables & Fruits

We all know we're supposed to eat more vegetables and fruits, but did you know that **Canada's Food Guide recommends that we eat at least one dark green and one orange vegetable each day?**

If you're someone who only eats the occasional banana and the Iceberg lettuce in your sub sandwich, you are missing out on the benefits of more vibrantly-coloured vegetables and fruits! Colourful vegetables and fruits are more nutritious and are richer in "antioxidants", compounds that help our bodies naturally fight toxins, damage, and disease.

Why orange?

Orange vegetables and fruits contain "carotenoids", special compounds that give the vegetables their orange, reddish or yellow tint but also act as powerful antioxidants.

Orange vegetables and fruits also contain vitamin C (important for the immune system and wound healing), potassium (a mineral that helps keep the body fluids and blood pressure regulated) and folate (a key vitamin for cell development).

Why green?

Green vegetables get their colour from chlorophyll, which doesn't seem to have any specific benefit in human nutrition. However, dark green vegetables are known to be particularly good sources of nutrients (folate, iron, and magnesium, for example) and antioxidants, much more so than paler green vegetables (like Iceberg lettuce, celery or cucumbers) and so try to choose darker colored green vegetables more often.

What are orange and green veggies & fruit?

How many of these have you had in the past month?
Challenge yourself to try something new from the lists below:

Orange Fruits

- Apricot
- Cantaloupe
- Clementines, mandarins
- Guava
- Kumquat
- Mango
- Nectarines
- Oranges
- Peaches
- Papaya
- Persimmons
- Tangerines, Tangelos



Orange Vegetables

- Carrots
- Pumpkin
- Sweet potato
- Squash
- Yams



Dark Green Vegetables

- Arugula ("rocket")
- Asparagus
- Bok choy
- Broccoli
- Brussels sprouts
- Cilantro
- Collard greens
- Dandelion greens
- Kale
- Okra
- Parsley
- Rapini ("broccoli rabe")
- Romaine lettuce
- Spinach
- Swiss chard
- Watercress



How Much Should I Be Eating?

Canada's Food Guide recommendations:

Females age 19-50 need between **7 - 8 servings** of Vegetables & Fruit per day

Males age 19-50 need between **8 - 10 servings** of Vegetables & Fruit per day

What is 1 serving of Vegetables & Fruit?

- Leafy vegetables = 250 mL (1 cup) raw or 125 mL (½ cup) cooked
- Fresh, frozen or canned vegetables = 125 mL (½ cup)
- Fresh, frozen or canned fruits = 1 fruit or 125 mL (½ cup)
- 100 % pure juice = 125 mL (½ cup)

Aim to eat at least 1 serving of dark green vegetable and 1 serving of orange vegetable (or fruit) each day!



Free for UTM students!

The UTM Health & Counselling Centre (DV 1123) has a Registered Dietitian who can assess your diet and help you make changes.

Call (905) 828-5255 to make a free 50 min. appointment!