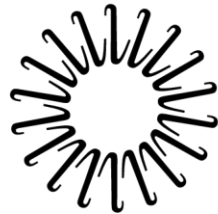


Fruits Vegetables & Whole Grains



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
- Rick (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

¾ cup Raisin Bran

Banana (large)

Lunch = 11.9 grams fiber

1 cup spinach salad

Sandwich on 2 slices 100% whole wheat

½ 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