Finding Your Balance

Weight management can be a balancing act, so finding the balance that works for you is essential to achieving and maintaining your desired results. Whether you would like to lose a few pounds or maintain your current weight, fruit and veggies can help you find your balance.

Choosing healthier foods like fruit and veggies instead of higher-fat, higher-calorie foods can help:
• Prevent gaining unwanted pounds
• Lose pounds and reach a healthy weight
• Maintain a healthy weight

Health experts recommend working towards achieving and maintaining a healthy weight by using a balanced approach. Make small, gradual changes that can be a permanent part of your overall healthy lifestyle. Every step taken towards eating more fruit and veggies and getting more physical activity helps you be at your best.

Fruit and Veggies Lead the Way

There are many benefits to including a colorful variety of fruit and veggies in your diet because they provide the unrivaled combination of great taste, nutrition, abundant variety, and multiple product forms.
• Sweet or savory, fruit and veggies taste great.
• Fruit and veggies have vitamins, minerals, and fiber that can help protect your health.
• Choose from over 200 varieties of colorful fruit and veggies.
• All product forms matter—fresh, frozen, canned, dried, and 100% juice.

Maintain a Healthy Weight

Eating fruit and veggies in place of higher-calorie, lower-nutrient foods matters in maintaining a healthy weight and may reduce the risk of many diseases.

Fight Disease

People who eat more generous amounts of fruit and vegetables as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

Keep Moving

Regular physical activity is important for your overall health and fitness.
Get Moving

Regular physical activity is important for your overall health and fitness. Adults should be physically active at a moderate intensity for at least 30 minutes most days of the week and, to prevent weight gain, approximately 60 minutes per day. Kids, on the other hand, should be physically active at a moderate intensity for 60 minutes every day.

Portion Control

How much you eat is as important as what you eat. Try these tips to cut down your intake of higher-fat, higher-calorie foods.

- As a general guide, fill half your plate with fruit and veggies at meal times.
- Check out the serving sizes on packaged foods and pay attention to how many total servings are in a container.
- Take time to measure. What does two tablespoons of dressing or 1 cup of pasta actually look like?
- Don't eliminate your favorite food, just eat smaller portions less frequently.

Make Healthy Substitutions

As part of a healthy diet, eating fruit and veggies instead of higher-fat and higher-calorie foods may make it easier to maintain a healthy, balanced weight. The key is substitution, which can decrease the total number of calories eaten in a day.

- Choose pieces of fresh, whole fruit instead of baked goods for a sweet snack.
- Choose crunchy vegetables instead of chips for a lunchtime side dish.
- Choose broth-based vegetable soups instead of cream-based for a lower-fat alternative.
- Choose a fruit smoothie instead of a milkshake.
- Choose fruit and veggies packed in 100% juice rather than fats, oils, or creamy sauces.

Colorful Fruit and Veggies Matter!

Eat fruit and veggies of different colors—red, dark green, yellow, blue, purple, white, and orange—to get the broadest range of nutrients. Many fruit and veggies are good sources of fiber which, along with their water content, adds bulk to your diet but not calories. Lowering calorie intake (and increasing physical activity) is key in weight control.

Tips to Help Achieve a Healthy Balance

PLAN AHEAD
Take time to plan and shop for healthy meals and snacks. This is important to ensure you have a healthy selection of foods, including plenty of fruit and veggies, to choose from. Don’t skip meals. Skipping meals and becoming too hungry may cause you to overeat at the next meal. If it is not time for the next meal, have a piece of fruit or some crunchy veggies to curb your hunger.

SET SMALL, REASONABLE GOALS
If weight loss is your goal, aim to lose 1-2 pounds per week.

INCLUDE REGULAR EXERCISE
An important component of your weight management program is regular physical activity.