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The Benefits Of Adding Fruits And Veggies To Your Diet

Vegetables and fruits, which are loaded with fiber and vitamins and minerals, have been proven to be healthy for us and to prevent many types of diseases. Even though we are aware of their benefits, and every parent tells their child to eat them, many of us have trouble following Mom's advice.

Think about it before you pull up to the drive-through window and order those greasy burgers and fries for lunch the next time. Well, perhaps we are not eating fast food for lunch on the run every single day, but just how often do we reach for something quick, convenient and satisfying, such as an Oreo from the cookie jar, rather than something which, although it may need a minute to prepare, would be nutritious? Here is further info on [australian cherries](#).

If it's simple you want, why not try some watermelon, grapes, or a cantaloupe? Simply wash and slice and they are ready to go. Or you could make a quick salad of raw veggies, like carrots, cauliflower, and celery and toss them in Italian dressing. It is no secret to medical researchers that we are not getting the fruits and veggies we need. So to motivate people to develop healthier eating habits, we're being reminded of the Five-a-Day campaign to help us pay more attention to our diets and challenge us to have five servings of fruits and vegetables daily.

At first five servings a day seems like plenty. But there are great and easy ways that you can help yourself eat more. Start a fruit bowl to keep at work. Fruit can be a tasty addition to cereal, pancakes and waffles. Apples or bananas are a great snack to take with on the go.

Another simple addition to your daily diet can include some vegetables. Add a salad to your lunch. Or order a healthier sandwich that has lots of vegetable toppings. If you're baking, you can sneak in vegetables and never even realize it. If you're making a sauce or a soup, you can load up on vegetables. Cook up a batch of stew, and lay on the vegetables. With this website you can get information on [box cherry](#).

A favorite snack for kids is a celery stick spread with peanut butter, and nothing could be easier to prepare. Kids can often be picky eaters. The best solution is to just keep offering a variety of foods to them. Some folks believe in bribing kids with dessert, as in, "eat that broccoli and then you can have cake, but this seems to make vegetables even less appealing. How would the public's ideas about veggies change if we said just the opposite.

Then you could say, "Finish your meal or you don't get any watermelon (or broccoli souffle or corn pudding or whatever)." Consuming juice is an excellent method of getting in additional servings of fruits and veggies. The drawback there is that juices don't contain the fiber that whole fruits or vegetables have. People also may drink the juice and then not have room for the food. And juices are higher in calories than the whole fruits or vegetables.

The benefits to your health of fruits and vegetables are difficult to avoid. Studies have shown that by consuming the recommended amounts of fruits and vegetables every day, rather than just a couple of servings, you will cut by half the chance of contracting up to 14 types of cancer. Not only that, eating more fruits and vegetables can lower your likelihood of having a heart attack, a stroke, or developing blindness.

Everyone ought to take note of this, but we continue to compose too many rationalizations for why we do not eat better than we do. Either fresh produce is too expensive for us, or we don't have time to prepare it before work, or it always spoils before we have time to use it. What excuse keeps you from eating the way you know you should?

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