

Vegetables, Fruits, and Fibre

Good nutrition is important at any age



Vegetables and fruits taste great and contain lots of **vitamins, minerals, and fibre.**

Eat **5-7 servings*** of vegetables and fruits each day.

VEGETABLES & FRUITS

Choose **dark green or brightly-coloured vegetables and fruits** more often, as these are rich in vitamins and minerals.

Tips to add vegetables and fruits to your daily food choices:



Fill half of your plate with vegetables and fruits during your meal



Keep cut, ready-to-eat vegetables and fruits in the fridge



Use frozen or canned vegetables and fruits low in salt and sugar



Add chopped veggies to your salad, omelette, soup, or pasta



Add fruit (e.g., berries) to your cereal, yogurt, or smoothie

***One serving:** 1 medium-sized fruit, ½ cup of fruit or cooked vegetables, 1 cup of salad, etc.

FIBRE

Fibre can help you **maintain a healthy body weight** and **lower your risk** of heart disease and some cancers.

Eat **21 to 30 grams** of fibre each day.

The following foods have at least 2 grams of fibre:

Vegetables and fruits

- **1 whole:** artichoke, sweet potato with skin, banana, orange, nectarine, apple, pear, star fruit, kiwi, guava
- **½ cup:** broccoli, carrots, spinach, collard greens, brussels sprouts, pumpkin, parsnips, taro, raspberries
- **¼ cup:** dried apricots, raisins, figs, prunes

Whole grain foods

- **1 slice:** whole wheat bread, rye bread
- **½ piece:** whole wheat pita, bagel, or English muffin
- **¾ cup:** multigrain cereal, oatmeal
- **½ cup:** whole wheat pasta, barley

Protein foods

- **¾ cup:** black beans, lima beans, kidney beans, soybeans, pinto beans, white beans, chickpeas, peas, lentils
- **¼ cup:** hummus, almonds, hazelnuts, macadamia nuts, pine nuts, soy nuts, pistachios, sunflower seeds, ground flax seeds

Snacks that are high in fibre:

- Homemade trail mix with multigrain cereal, dried apricots, raisins, pistachios, and sunflower seeds
- Low-fat/low-sugar yogurt with ground flax seeds and raspberries
- Whole wheat pita and carrots with hummus
- An apple and roasted, unsalted almonds
- Popcorn and orange slices

Brought to you by the Nutrition & Aging Lab at the University of Waterloo.

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