



A MINUTE OF HEALTH WITH CDC

Eat Well

Adults Meeting Fruit and Vegetable Intake Recommendations – United States, 2013

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Your parents always told you to eat your fruits and vegetables. Unfortunately, most adults aren't heeding the age-old advice. In every state, less than one in five adults are consuming enough fruits and vegetables. As a result, they're placing themselves at increased risk for certain chronic diseases. A healthy diet should include at least one and a half cups of fruit and two cups of vegetables each day. These foods have important nutrients, reduce the risk for leading causes of illness and death, and help maintain a healthy body weight. For more information about a healthy meal plan, go to choosemyplate.gov.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.