



## **A MINUTE OF HEALTH WITH CDC**

### *Eat Your Fruits and Vegetables*

*State-Specific Trends in Fruit and Vegetable Consumption Among Adults — United States, 2000–2009*

Recorded: September 7, 2010; posted: September 9, 2010

*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

One of the simplest ways to be well is to eat well. A diet high in fruits and vegetables can help you maintain a healthy weight, as well as reduce the risk for many of the leading causes of death, such as heart disease, diabetes, and cancer. A healthy diet includes two servings of fruit and three servings of vegetables each day. Eating right doesn't mean giving up pizza and burgers; striking a balance is the key. Cut back on foods that are high in fat, calories, or added sugars and replace them with fresh fruits and vegetables. Eating well and getting daily physical activity can go a long way towards improving your well being.

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

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