



Dear HoG: Eating Fruits and Vegetables

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Dear HoG:

I keep hearing about eating fruits and vegetables! Why is that so important and how much should I eat? I also wonder if there is anything special I should include in my diet since I have a bleeding disorder?

--Food Guide Pyramid Challenged

Dear Challenged:

"Eat your fruits and vegetables." You've likely heard this statement since childhood. Research shows why it is good advice:

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables also provide essential vitamins, minerals, fiber, and other substances that are important for good health.

Most fruits and vegetables are naturally low in fat and calories and are filling. While there is no special diet recommended for someone living with a bleeding disorder, it is still important to incorporate healthy eating habits into your lifestyle. The important part to remember about fruits and vegetables is to eat a variety of them and that more does matter. Almost everyone needs to eat more fruits and vegetables. Visit www.fruitsandveggiesmatter.gov to get a personalized description of how much you need based on your age, gender and level of daily physical activity.