

# Geisinger

## Add color with fruits and vegetables

June is Fresh Fruit and Vegetable Month and the focus is on increasing daily consumption of fresh produce. A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems and have a positive effect on blood sugar. Eat a variety of types and colors of produce to give your body the mix of nutrients it needs. With home cooking on the rise, peak growing season in full swing and an abundance of fresh produce available, there is no better time to get creative in the kitchen and increase your daily consumption of fruits and vegetables.

### Tips to eat more fruits and vegetables:

- Add extra veggies to soups and stews
- Enjoy a side salad with dinner
- Fill out a sandwich with fruits and veggies
- Have fruits and veggies for a snack
- Keep a bowl of fruit visible
- Make a fruit salad for dessert

### Wellness Challenge

Step out of your comfort zone and challenge yourself to eat more fruits and veggies this month. Include at least one serving of fruit or veggies at each meal, try at least one new fruit and one new vegetable, have a meatless meal like vegetable lasagna or try a new cooking method like grilling or roasting.

