



# Fill up with fruits and veggies

## Fruits and veggies are a feast for our senses.

They're colorful, smell good and taste delicious. And they're so healthy for us. They deliver vitamins, minerals and dietary fiber that our bodies need to function well. Plus, they're a good source of water. It's true. Many of our favorite fruits are more than 90% water.

### How much should we eat?

That depends on your age, size and level of activity. In general, adult women should get about 2 cups of fruit each day and two to three cups of veggies. Adult men should get even more than that — about 2 ½ cups of fruit and three to four cups of veggies.



## Did you know?

**Tomatoes are actually considered a fruit, not a vegetable.**

# 5 tips to make your plate colorful

The different colors in fruits and veggies aren't just for show. They help tell us what kinds of nutrients we can get from them.



Red fruits and veggies are a great source of vitamin C, vitamin A and potassium. They also have antioxidants, which help protect our cells from damage. Try strawberries, tomatoes and beets.



Orange and yellow fruits and veggies are also full of vitamin C, vitamin A and potassium. They help give your immune system a boost. And they can help protect our eyes. Try sweet potatoes, carrots and peaches.



Green fruits and veggies have potassium and vitamin K to help protect our hearts. They also keep our eyes, bones and teeth strong and healthy. And they have the highest amounts of antioxidants and fiber. Try broccoli, spinach and kiwi.



Blue and purple fruits and veggies help keep our urinary tracts healthy. They also help with our memory and aging. Try blueberries, blackberries and eggplant.



White fruits and veggies are good for the heart. And they help control cholesterol. Try bananas, mushrooms and potatoes.

**Aetna® is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).**

This message is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Information is believed to be accurate as of the production date; however, it is subject to change. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna® plans.

Visit [Aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html](https://www.aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html) to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

**Policy forms issued in Oklahoma include:** HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29N.

**Policy forms issued in Idaho by Aetna Life Insurance Company include:** GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HGrpPol 04.

**Policy forms issued in Idaho by Aetna Health of Utah Inc. include:** HI HGrpAg 04.

**Policy forms issued in Missouri include:** AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04.