

# THINK FRUITS AND VEGETABLES

Fruits and vegetables are nature's vitamin pills. The nutrients found in produce improve healing, aid in recovery after exercise, and reduce the risk of cancer and high blood pressure. Fruits and vegetables also add to the foundation of your sports diet by providing fuel for exercise. Strive for Five servings a day!

## Benefits

- Enhance recovery
- Reduce soreness and pain
- Helps with hydration
- Premium fuel for practice and workouts
- Boost immune system

## Eat the Rainbow

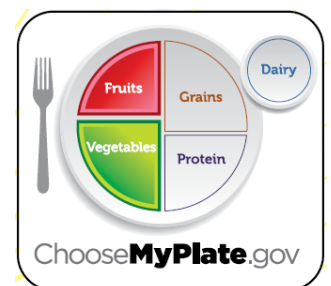
- Strive for five!
- Five 1/2 cup serving per day
- Five different colors per day



RED	Orange/Yellow	Green	Blue/Purple	White
Strawberries, Beets, Apples, Cherries, Tomatoes, Watermelon	Oranges, Sweet Potatoes, Carrots, Apricots, Peaches, Corn, Pineapple	Broccoli, Honeydew, Spinach, Apples, Kiwis, Peas, Grapes	Blueberries, Grapes, Blackberries, Plums, Eggplants, Olives	Banana, White Onions, Potatoes, Mushroom, Cauliflower
Protects against prostate cancer and heart attacks, Fights infections	Protects vision, Promote skin and bone health, Boost energy levels	Anticancer properties, Improve immune system	Heart healthy, Support healthy blood pressure, Reduce inflammation	Lowers cholesterol, blood pressure, Risk of stomach cancer

## How to eat more fruits and vegetables:

- Have a cup of 100% orange juice with breakfast
- Make half you plate fruit and vegetables
- Grab an extra fruit at lunch and eat it as a pre-workout snack
- Drink fruit smoothies or shakes post-work out
- Large colorful salads are easy ways to get a ton of nutrients



Questions? Contact me: Jeffrey Tamayo, RD, CSSD, LD : OKCPS Sports Nutritionist, Jtamayo@okcps.org

**OKCPS Sports Nutrition**