DSU Half-Ton Weight Loss Challenge – Week 6
This Week’s Goal: Pump Up the Produce!

Eating more fruits and vegetables is one of the most important things you can do to improve your diet. Diets high in produce help reduce the risk of diabetes, obesity, and even some forms of cancer. They not only add color and variety to your plate, but the best thing is – they’re LOW in calories. Fill half of your plate at meals with fruits/veggies and choose them often as snacks.

Americans fall far short of the 5-9 recommended daily servings of fruits/vegetables. All forms count - fresh, frozen, canned, dried and 100% fruit juice. (Canned fruits packed in water and vegetables labelled low-sodium are the better choices.)

A serving of fruit juice is ½ cup – much less than the glasses we tend to have in our cupboards. It’s a much better “bargain” to eat the whole fruit instead of drinking the juice. Whole fruits/vegetables contain fiber, and that can help to fill you up. You’re saving calories, too!

![Orange and Glass of Juice]

80 calories 150 calories

One orange contains ~ 80 calories; a 12-ounce glass of juice contains almost double that – 150 calories! Have you checked out the new Produce Junction next door? They offer a great variety of fruits and vegetables that are affordable and delicious. [http://www.producejunction.com](http://www.producejunction.com).

Your Goal This Week: Find ways to consume more fruits and vegetables throughout the day.

Get Moving Tip – With the sun starting to warm things up, grab a jacket and a friend and go for a brisk walk outdoors for half an hour. Walking around campus after class or during a lunch break is a great way to incorporate some extra walking throughout the day.