



Settlement Health

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Fruit & Veggies –More Matters

This September is Fruits & Veggies month. More Matters! Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough.

Eating a healthy diet with plenty of vegetables and fruits can help you:

- Lower your risk for heart disease and some types of cancer
- Maintain or reach a healthy weight
- Keep your body strong and active

Here are some ideas to help you and your family fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy where the whole family can see it.
- Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge your family to try a new veggie or fruit every week.

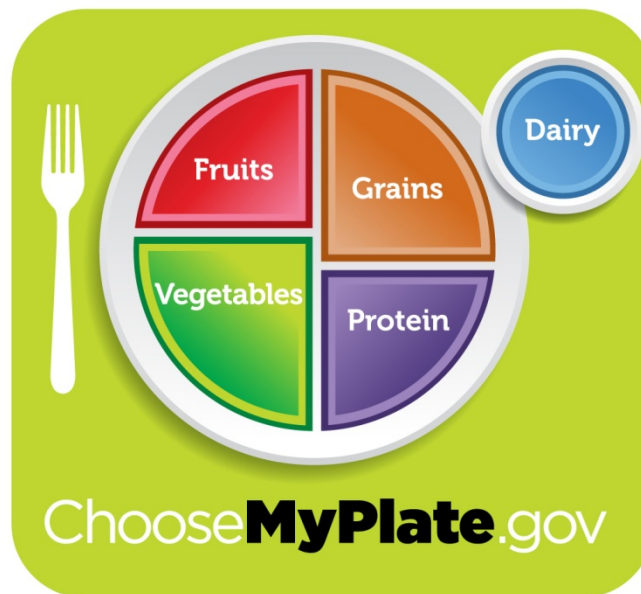
Remember, eating more fruits and veggies can be fun – and it's worth it!

Local Farmer's Market: East Harlem Farmer's Market 104th St. & 3rd Avenue

(Click [here](#), to locate a Farmer's Market closer to you)

My Plate

Choose a healthy balance of foods like the image below.



For more information about how to create a healthy plate, click [here](#) or visit www.choosemyplate.gov