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How to Add More Fruits and Vegetables to Your Diet

Resolution season is upon us, and what better way to improve your eating habits than by eating more fruits and vegetables? Not only are they high in vitamins, antioxidants and fiber, but they're good for your waistline too

An Apple a Day

According to the [United States Department of Agriculture](#) (USDA), men of all ages and women ages 19 to 30 should aim for 2 cups of fruit each day, while the daily recommendation for women 31 and older is 1.5 cups. This can include whole fruit and juices.

It's important to monitor your fruit intake and not overindulge. Fruit can be [high in sugar](#), which can work against your weight-loss goals if you're not careful. Here are a few tips on making fruit a daily habit.

- Pack snacks to go like grapes, berries or apple slices paired with cheese or a nut or seed butter.
- Spice up a ho-hum salad with dried cranberries, pomegranate seeds, orange slices, apples or pears.
- Add fresh fruit to your cereal or oatmeal.
- Leave the skin on and thoroughly wash apples and stone fruits to get the biggest dose of fiber and vitamins.

More Veggies, Please

The [USDA](#) recommends 2.5 cups of vegetables per day for women ages 19 to 50 and 3 cups for men in the same age range. That recommendation reduces to 2 cups for women over 50 and to 2.5 cups for men 51

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and older. How do you add more veggies to your diet?

- Keep pre-cut vegetables in an easy-to-reach spot in your fridge. The more often you see them, the more likely you are to choose them.
- Add a handful of dark, leafy greens like spinach to your next smoothie.
- Replace mashed potatoes with a non-starchy [cauliflower version](#) that's just as comforting.
- Top your next meal with salsa or seasoned, sautéed vegetables instead of sauce.
- Swap spaghetti for zucchini noodles.

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