



Eat More Fruit and Vegetables

Start simple. Add just one more today.

Your Health.

Fruit and vegetables are packed with nutrients and vitamins that help support our health. Daily consumption provides fiber and is associated with a reduced risk of major illnesses such as heart disease and certain cancers.

Add one more

It's a challenge for most of us to get our recommended daily servings of fruit and vegetables. To make a change, start by doing something simple. Forget about five a day. No matter how many servings you are currently eating, make the choice to **add one more** serving of fruit or vegetables to your daily diet.

Try fresh, frozen, canned or 100 percent juice

Fresh produce usually has the most nutritional value; however, frozen fruit and vegetables also retain a good portion of their value. Avoid fruit packed in heavy syrup or canned vegetables that are high in sodium. If you're drinking juice, make sure it's 100% fruit or vegetable juice.

Make it simple

- Keep fruit and vegetables nearby.
- Place a bowl of whole fruit on the table, counter, or front and center in the refrigerator.
- Store dried or canned items in accessible locations at work and home.
- Buy pre-cut fruit and vegetables.
- Cut produce into snack sizes as soon as you get home from a grocery trip.
- Add more vegetables to soup or your favorite dishes.

Learn more

- [Chevron's Healthy Heart Program](#)
- [Chevron Health Encyclopedia](#)
- [Eat Right](#)
- [WHO Health Topics — Nutrition](#)
- [USDA — Choose My Plate](#)

Questions?

Email wellness@chevron.com or visit hr2.chevron.com/wellness.

