Tips to Informal Caregivers
on Giving Personal Care

## Vegetables and Fruit

Three to five servings daily are required. Count 1/2 cup or 1 medium piece of fruit as one serving. Fruits and vegetables are important sources of vitamins A and C, minerals such as potassium and fiber. One serving of a good source of vitamin C or two servings of a fair source should be used daily. Good sources are:

- grapefruit or grapefruit juice;
- orange or orange juice;
- cantaloupe, strawberries, fresh guava, mango or papaya;
- broccoli, brussels sprouts, green pepper or sweet red pepper.

Fair sources are:

- honeydew melon, lemon, tangerine or tangerine juice, watermelon;
- asparagus tips, raw cabbage, collards, cauliflower, watercress, kale, mustard greens, potatoes and sweet potatoes cooked in the jacket;
- spinach, tomatoes, tomato juice, turnip greens.

*The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.*