

EATING VEGGIES & FRUITS WEBSITE RESOURCES

If you need medical information on heart health, please use the librarian researched sites below. If you need more information, please speak with a librarian. All five of our adult services librarians have qualified as Health Information Specialists through the Medical Library Association. Come by the Help Desk, email askalibrarian@stillwater.org, or call 405-372-3633 x8106.

Free app

- 5-A-Day [Google Play](https://itunes.apple.com/us/app/5-a-day/id783613065?mt=8) - iPhone <https://itunes.apple.com/us/app/5-a-day/id783613065?mt=8> Keep track of how many servings of fruits and vegetables you eat each day.

Sources for fruits and vegetables in Stillwater

- Farmer's market web page <http://www.stillwaterfarmersmarket.com/>
- <http://oklahomafood.coop/> Order fresh food from Oklahoma vendors and it delivered to a site in Stillwater once per month

Easy to Read

- American Academy of Pediatrics - <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/How-to-Get-Your-Child-to-Eat-More-Fruits-and-Veggies.aspx>
Tips to get kids to eat more fruit and veggies. Includes recipes and tie ins to books. Article can be listened to instead of reading and is available in Spanish
- Choose My Plate - <https://www.choosemyplate.gov/ten-tips-smart-shopping>

Where and when to get fruits and vegetables

- National Institute of Health <https://healthreach.nlm.nih.gov/document/97/Healthy-Numbers-for-Kids-and-Families-Eat-Five-or-More-Fruits-and-Vegetables-Every-Day>
Links to fruits and vegetable audio or printable information in 7 languages

Video

- <http://www.fruitsandveggiesmorematters.org/easy-ways-to-add-fruits-veggies-to-your-day> Links for kids activities and also has video recipes and tips
- <https://www.choosemyplate.gov/videos> Videos covering success stories, healthy eating and healthy recipes

Consumer Health Sites

- <https://newsinhealth.nih.gov/issue/apr2016/feature1> NIH site discussing advantages of plants in diet
- <https://medlineplus.gov/nutrition.html#summary> Nutrition page on medline plus links to many fruit and vegetable sites in related issues and specifics area of the page

- http://www.cdc.gov/healthyweight/healthy_eating/meals.html CDC page for healthy eating with links to a healthy eating tracker

Handouts

- <https://www.choosemyplate.gov/MyPlate-Daily-Checklist> Government website to help with nutrition. This is a printable daily checklist. Available for all ages and calorie targets.
- <http://www.cancer.org/healthy/eathealthygetactive/eathealthy/add-fruits-and-veggies-to-your-diet> Cancer website with quick tips to increase fruits and vegetables in your diet. Can be printed to hand out and has text size options as well.

Clinical trials

- <https://clinicaltrials.gov/ct2/show/NCT02779491?term=fruits+and+vegetables&recr=Open&rank=1> App for fruit and vegetable intake. Not yet recruiting.

Links to in depth studies

- <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/> Harvard school of public health lists studies and benefits of fruits and veggies in diet.