

Nine Cups of Vegetables & Fruit from Three Categories



There are numerous recommendations for the daily allowance of fruits and vegetables. Possibly the best known are the USDA requirements. The USDA recommends five vegetable servings and four fruit servings per day. A serving is half a cup. This amounts to 2 ½ cups of vegetables and 2 cups of fruit per day, for a total of 4 ½ cups of

vegetables and fruit per day. To put this in perspective, one large pear is about two cups of fruit, so under the USDA guidelines, that would cover an entire day's allowance of fruit.

It is becoming increasingly clear that health improves when more vegetables and fruits are added to the diet. Experts such as Dr. Terry Wahls, of The Wahl's Protocol™, suggest twice as much is really necessary for optimal health. According to Wahls, a minimum of **nine cups of vegetables and fruits** are needed per day.

Rather than separating them into fruits and vegetables, Dr. Wahls separates them into **three categories** that include **both fruits and vegetables: 3 cups of leafy green vegetables, 3 cups of sulfur vegetables, and 3 cups of color vegetables and fruits.**

The issue of what is a fruit or vegetable does not matter in this context, because all fruits fit into the color category along with colored vegetables. This is the formula I use as the standard for my fruit and vegetable recommendations and in formulating many of my smoothie recipes.

Some vegetables may be on more than one list due to many vegetables fitting into more than one category. This is true of many leafy green vegetables. Some vegetables are not obviously green, like red chard. Red chard goes into both leafy green and color categories, because the red overpowers the green hue in the leaves. If it has a bulb with greens on top, the greens are part of the leafy green category.

Leafy Green Vegetables



You may be surprised at the number of leafy green vegetables there are available. This includes many edible wild greens as well. Here is a list of leafy greens to get you started:

- Arugula
- Basil
- Beet greens
- Bok Coy greens (also called pak choi)
- Cabbage
- Celery greens
- Chard (All chard. Some examples are Swiss chard and red chard.)
- Chickweed
- Chicory
- Cilantro
- Clover
- Collard greens
- Dandelion greens
- Endive (also called escarole)
- Fiddleheads (these are the early spring ferns)
- Kale
- Kohlrabi greens
- Lettuce (Some examples are butter lettuce, romaine, and red leaf lettuce.)
- Mints (Examples are spearmint, peppermint, and lemon balm.)
- Mustard greens
- Parsley
- Plantain
- Radish greens
- Radicchio
- Sorrel
- Spinach
- Turnip greens
- Watercress



Sulfur Vegetables



As the name implies, sulfur vegetables are naturally high in sulfur. Despite the fact that it is not listed as an essential nutrient by the USDA, it is necessary for many processes in the body. Sulfur vegetables include all of the cruciferous and allium vegetables. Here is a list of vegetables you may be able to find from this category:

From cruciferous vegetables:

- Arugula
- Bok choy (also called pak choi)
- Broccoli
- Broccoli rabe
- Brocollina
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Horseradish
- Kale
- Kohlrabi
- Mustard greens
- Nappa cabbage (also called Chinese cabbage)
- Radishes
- Rutabaga
- Turnips (both the bulb and the greens)
- Watercress
- Wasabi



From the allium family:

- Onion
- Garlic
- Leeks
- Ramps
- Scallions (also called green onions)
- Shallots
- Chives

Color Vegetables and Fruits



Any vegetable with color and all fruits fit into this category. This is a super easy category to fill, because most of the vegetables in the sulfur and leafy green categories also fit into the color category making it easy to get three cups from each category daily.

Here are some ideas for your color vegetables and fruit:

- Apples
- Asparagus
- Avocado
- Beets
- Berries (There are many types of berries including strawberries, salmonberries, raspberries, huckleberries, and blueberries.)
- Carrots
- Celery
- Citrus fruits (This includes lemons, limes, oranges, etc.)
- Cucumbers
- Dates
- Eggplant
- Melons (cantaloupe, watermelon, honeydew, etc.)
- Peaches
- Pears
- Peppers (There are many kinds of peppers ranging from sweet and mild bell peppers to spicy and hot chili peppers. Some of these peppers are dried and ground into spices, such as paprika or red pepper flakes.)
- Pineapple
- Plums
- Potatoes (These may not be brightly colored, but they do fit into the color category.)
- Rhubarb (The leaves are considered poisonous.)
- Summer squash (These are the soft squash varieties that include zucchini, yellow squash, and others.)
- Tomatoes
- Winter squash (These are the hard squash varieties that include spaghetti squash, pumpkin, butternut squash, and others.)
- Yams (Yams are a type of sweet potatoes.)



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