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The Good Enough Guide to Health

No time to eat right or exercise? Relax. Even mini moves add up to a huge disease-fighting payoff.

Fruits & Vegetables

Gold Standard: Up to nine servings of fruits and vegetables a day

Good Enough: Five a day

That's all it took for men and women to lower their stroke risk by 31 percent, according to a Harvard University study.

"Five servings provide significant antioxidants and fiber to reduce heart disease and cancer risk and keep your weight in check," says Rosa Mo, a nutrition professor at the University of New Haven. (One serving is equivalent to one medium piece of fresh fruit, 1/2 cup of cut fruit, a cup of raw leafy greens, or 1/2 cup of other cooked vegetables, such as broccoli.)

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For more health tips, check out the latest issue of *Prevention*, on shelves now!

Boost the Benefit: Keep 'em cool and eat a rainbow of colors. Refrigerating berries, citrus, and fruit with edible skin (think apples), as well as veggies, preserves antioxidants. And aiming to eat from at least three different color groups (such as green, orange/yellow, red, white, and blue/purple) a day will ensure you get a wide variety of nutrients.

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