

SPCh-1311-81005

Prof. Ken Rhymes

Last Name, FI.

2 Citations with outline.

Title: Don't Forget to Eat Your Veggies

Central Purpose: To Inform

Specific Purpose: After listening to my speech, audience members will understand the benefits of adding more vegetables to their diet.

Thesis: The low rate of consumption of vegetables in the United States has led to many of the health related problems in the country and understanding the options for adding more vegetables to our diet can help change this.

Introduction

- I. Quote - "This study highlights the important role fruits and vegetables play in cancer prevention and this is why we recommend people eat at least five portions a day of a variety of fruits and vegetables." Dr Rachel Thompson of the World Cancer Research Fund
- II. Thesis Statement
- III. Preview - Low rate of consumption of vegetables leads to health issues that can be corrected with the addition of the most effective vegetables to the diet.

Body

- I. Low rate of consumption of vegetables leads to health issues.
 - A. Less than 50% of Americans eat vegetables every day.
 - 1. CDC recommends 3 servings per day of vegetables.
 - 2. 30% of women & 26% of men eat 3 servings or less per day.
 - B. Type 2 Diabetes and Obesity are directly caused by food choice.
 - # 1. Quote - "Today, more than 95% of all chronic disease is caused by food choice..." - Mike Adams, Writer
 - 2. It can be easier to choose the quick option rather than the right one.
 - C. Many people do not like vegetables.

Bold and Highlighted, Only Quotes.

Final Remarks.

1. Most vegetables are mass produced and the natural flavors are lost.
2. Taste and texture can influence the consumption.
3. "Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." Don Larson, Olympic Gold Medalist, 1924 Paris Games

II. Significant benefits from adding vegetables to the diet.

- A. A diet rich in vegetables can lower blood pressure.
- B. Reduced risk for heart disease, stroke, and some cancer.
- C. Children can benefit by increased vegetable consumption as well.
 1. Increasing vegetables in a child's diet has been shown to help with attention span as well as helping children who suffer with ADD & ADHD.
 2. Quote – "It's bizarre that the produce manager is more important to my children's health than the pediatrician." Meryl Streep

III. Knowing the right vegetables to eat is just as important.

- A. Aim for dark green leafy, yellow, orange, and red vegetables which are higher in nutrients.
- B. Adding a new leaf to a salad can help without the pain
 1. Adding Kale or Spinach leaves to a garden salad can increase flavor and be a painless way to add beneficial vegetables without noticing it.
 2. Try adding Cherry Tomato to a salad or stewed tomatoes to other dishes like Spaghetti or chili for the added benefits.
 3. Eating carrots can help with night vision but also helps prevent and reduce the effect of Macular Degeneration.
- C. Eat the vegetables that give you the most reward.
 1. If you don't like vegetables then choose those that have the most impact.
 2. Red potatoes are better and have less starch than white or brown potatoes, which are what French Fries are made from.
 3. Substitute red or green lettuce for iceberg lettuce.

3-4 Citations. MLA-Format.

I. Review main points.

II. Final remarks: "Those who think they have no time for healthy eating, will sooner or later have to find time for illness." – Edward Stanley, Bishop of Norwich who wrote "Before and After Waterloo"

Bibliography

Greene, Moss. "Most Nutritious Vegetables List (A-Z)." *CommonSenseHealth.com*. CommonSenseHealth.com, 2012. Web. 7 Oct 2012. <http://commonsensehealth.com/Diet-and-Nutrition/Alphabetical_Vegetables_List_of_the_Most_Nutritious_Vegetables.shtml>.

. "U.S. adults don't eat enough fruits and vegetables - CDC report." *foodconsumer.org*. foodconsumer.org, 10 Sep 2010. Web. 7 Oct 2012. <http://www.foodconsumer.org/newsite/Nutrition/Food/americans_fruits_vegetables_cdc_1009100705.html>.

. "Compelling statistics show the importance of fruits and vegetables." *Optimal Health Systems*. Optimal Health Systems, n.d. Web. 7 Oct 2012. <<http://www.optimalhealthsystems.com/shownews.asp?id=126>>.

. "The Nutrition Source." *Vegetables and Fruits - What Should I Eat?*. Harvard School of Public Health, 2012. Web. 7 Oct 2012. <<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/index.html>>.

Briggs, Helen. "Five-a-day of fruit and vegetables 'saves lives'." *BBC News Health*. BBC, 15 Dec 2010. Web. 9 Oct 2012. <<http://www.bbc.co.uk/news/health-12002299>>.