



# 5 SERVINGS OR MORE OF FRUITS & VEGETABLES



## WHAT BENEFITS COME FROM EATING FRUITS AND VEGETABLES?

- They help keep you from getting some types of diseases such as cancer.
- They give you lots of water and fiber.
- They are full of vitamins and minerals, such as iron, magnesium and calcium.
- They help make blood and keep your bones and muscles strong.
- They help give you a healthy complexion.

## WHAT CAN HELP YOU EAT MORE OF THEM?

**Add them to the foods you eat now. You might add:**

- Fruit to a low or nonfat yogurt smoothie.
- Chopped apricots, apples or pears to a green salad.
- Frozen or fresh vegetables to canned soup.
- Fruit to cereal or pancakes.
- Tomatoes or other vegetables on sandwiches.



## EASY TIPS TO PREPARE FRUITS AND VEGETABLES:

- Wash and cut fruits and vegetables ahead of time.
- Keep canned, frozen and dried fruit on hand.
- Stock up on frozen vegetables for easy microwave cooking.
- Buy ready-to-eat fruits and vegetables from the grocery store salad bar.
- Buy pre-sliced, pre-washed bagged salad from the store.
- Pick fruits or vegetables that don't need any prep like bananas and apples!

## WHAT IS "ONE SERVING" OF A FRUIT OR VEGETABLE?

**For people 9 years of age or older, one serving is one measuring cup. Here are some examples:**

- 1 piece of fruit about the size of a tennis ball.
- 1 measuring cup of small or cut-up fruit like grapes or other berries.
- 1 cup of non-leafy cooked vegetables like green beans or broccoli.

**Some exceptions are dried fruit and leafy vegetables. Here are some examples of one serving:**

- ½ cup of dried fruit.
- 2 cups of raw leafy vegetables like lettuce or other greens.

**Another way to think about one serving for other ages is to use the size of the fist of the person eating it. For a small child this might be ½ of a measuring cup.**

## WHAT CAN YOU DO IF YOU'RE CONCERNED ABOUT COST?

- Watch ads for sales and cut coupons from the paper. Some stores may price match.
- Buy fresh fruits and vegetables in season and freeze for later in the year.
- Compare prices of canned, frozen and fresh fruits and vegetables and buy the cheapest.
- Grow your own fruits and vegetables at home or at a community garden.
- Go to a local Farmer's Market.

# Shop THE RAINBOW

See if you can find and try all of these fruits and vegetables!

Red	Orange	Yellow	Green	Blue/Purple	White
<input type="checkbox"/> Apple <input type="checkbox"/> Cherries <input type="checkbox"/> Grapefruit <input type="checkbox"/> Pepper <input type="checkbox"/> Pomegranate <input type="checkbox"/> Strawberry <input type="checkbox"/> Tomato <input type="checkbox"/> Watermelon	<input type="checkbox"/> Cantaloupe <input type="checkbox"/> Carrot <input type="checkbox"/> Mango <input type="checkbox"/> Orange <input type="checkbox"/> Papaya <input type="checkbox"/> Pumpkin <input type="checkbox"/> Sweet Potato <input type="checkbox"/> Tangerine	<input type="checkbox"/> Apricot <input type="checkbox"/> Corn <input type="checkbox"/> Peach <input type="checkbox"/> Pepper <input type="checkbox"/> Pineapple <input type="checkbox"/> Squash	<input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Cucumbers <input type="checkbox"/> Grapes <input type="checkbox"/> Green Beans <input type="checkbox"/> Kiwi <input type="checkbox"/> Lettuce/Greens <input type="checkbox"/> Peas <input type="checkbox"/> Pepper <input type="checkbox"/> Spinach <input type="checkbox"/> Zucchini	<input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Eggplant <input type="checkbox"/> Figs <input type="checkbox"/> Grapes <input type="checkbox"/> Plum <input type="checkbox"/> Prune <input type="checkbox"/> Raisins	<input type="checkbox"/> Banana <input type="checkbox"/> Cauliflower <input type="checkbox"/> Jicama <input type="checkbox"/> Onion <input type="checkbox"/> Pear <input type="checkbox"/> Potato <input type="checkbox"/> Sprouts

## JUST THE FACTS!

- Whole fruits and vegetables are higher in fiber, lower in calories and can be more filling than juice.
- Frozen berries, grapes or bananas make great snacks!
- A person's tastes change. Keep trying different fruits and vegetables! If you don't like something once, you may like it the second time around.

## TIPS TO HELP YOU EAT MORE FRUITS AND VEGETABLES:

- Plan your meals ahead of time to include fruits and vegetables.
- Eat fresh fruit or vegetables for a snack.
- Cut fruits and vegetables into fun shapes or try kabobs.
- Carry dried fruit for a quick snack on the go.
- Use chopped fruit when baking breads or muffins.
- Try vegetable pizza or top cheese pizza with onions, peppers, tomatoes or broccoli.



## TIPS TO TRY WITH FRUITS:

- Buy or make lowfat smoothies or fruit and yogurt parfaits with your friends.
- Top frozen yogurt with fruit such as strawberries, raspberries or blueberries.
- Have baked apples or pears for dessert.
- Try a variety of textures such as crunchy (apples) and smooth (bananas).

## TIPS TO TRY WITH VEGETABLES:

- Choose a side salad with your meal when eating out or replace French fries with seasonal vegetables.
- Serve raw vegetables with lowfat or nonfat dip.
- Bring a fresh vegetable tray to your next get-together or party.

## TIPS TO KEEP FRESH FRUITS AND VEGETABLES FROM SPOILING:

- Serve fresh fruits and vegetables first. Save the frozen and canned ones for later.
- Buy both ripe and not-as-ripe fruits and vegetables. Eat the ripe ones first. Allow the others to ripen and eat over the next few days.
- Keep fruits and vegetables in sight in the refrigerator or on the kitchen table.

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