

# FRUITS AND VEGETABLES

Eat a rainbow of fruits and vegetables each day! Try to eat at least 5 servings of fruits and vegetables a day. Each color contains different nutrients, so try to increase your color choices.



## RED

Apple  
Strawberry  
Tomato  
Watermelon  
Cherries  
Red pepper  
Grapefruit  
Grapes

## ORANGE

Orange  
Carrots  
Tangerine  
Cantaloupe  
Sweet potatoes  
Mango  
Papaya  
Pumpkin

## GREEN

Green beans  
Broccoli  
Spinach  
Greens/lettuce  
Green pepper  
Peas  
Kiwi  
Grapes

## YELLOW

Peach  
Pineapple  
Squash  
Corn  
Yellow pepper  
Apricot  
Lemon  
Apple

## BLUE/PURPLE

Grapes  
Blueberries  
Raisins  
Prunes  
Plums  
Eggplant  
Purple cabbage  
Beets

## WHITE

Cauliflower  
Banana  
Potato  
Pears  
Onion/garlic  
Mushrooms  
Jicama  
Sprouts

## MY GOAL:

---

### Fruits and vegetables are important because they:

- help prevent certain types of diseases such as cancer
- contain water and fiber
- are full of vitamins and minerals
- are sweet and fun to eat
- make blood and keep bones and muscles strong
- give you a healthy complexion

### How to keep fruits and vegetables from spoiling:

- Buy fresh, frozen and canned fruits and vegetables. Serve fresh fruits and vegetables first, save the others for later.
- Buy ripe and not-as-ripe fruits and vegetables. Eat the ripe ones first and allow the others to last a few days longer.
- Keep fruits and vegetables in sight in the refrigerator, not in the drawer.
- Try to plan your meals ahead of time to include fruits and vegetables.

### Quick and easy preparation:

- Wash and cut fruits and vegetables ahead of time for a quick snack.
- 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 presliced, prewashed bagged salad from the store.

### Tips to increase fruit and vegetable intake:

- Plan your dinner around 2 vegetables.
- Ask for tomatoes on sandwiches.
- Carry dried fruit for a quick snack.
- Add fruit to a lite yogurt smoothie.
- Add frozen or fresh vegetables to canned soup.
- Use chopped fruit in breads or muffins.
- Add chopped apricots, apples or peas to a green salad.
- Add fruit to cereal or pancakes.
- Eat fresh fruit or vegetables for a snack.



# FRUITS AND VEGETABLES

## 1 serving is:

- 1 medium fruit (size of a tennis ball)
- 1 cup of small or cut-up fruit, such as grapes
- ¼ cup of dried fruit
- 1 cup of non-leafy cooked vegetables
- 2 cups of raw leafy vegetables (lettuce)



## TEEN TIPS:

- Buy or make low-fat smoothies or fruit and yogurt parfaits with your friends.
- Top cereal with fruit such as strawberries, raspberries or blueberries.
- Chop up fresh fruits and vegetables for get-togethers or parties.
- Choose a side salad with your meal when eating out or replace French fries with seasonal vegetables.
- Try veggie pizza or top cheese pizza with onions, green peppers, tomatoes or broccoli.
- Pick up an apple or banana as the ultimate fast food.
- Freeze berries, grapes or bananas for a quick snack.
- Ask for tomatoes, lettuce, pickles or other veggies on your sandwich.

## Tips to reduce the cost of fruits and vegetables:

- Watch food ads for sales.
- Buy fresh fruits and vegetables in season.
- Compare prices of canned, frozen and fresh fruits and vegetables and buy the least expensive.
- Try growing your own fruits or vegetables.
- Shop at a local farmer's market.

## PARENTS TIPS:

- Be a good role model—eat fruits and vegetables yourself.
- Remember, it might take children a long time to try new foods, but keep offering. Never force children to eat foods.
- Serve raw vegetables with a low-fat dip.
- Cut fruits and vegetables into fun shapes or try kabobs.
- Try slices of apples, peaches or pears with a light yogurt dip.
- Have baked apples or pears for dessert.
- Offer various textures such as crunchy (apples) and smooth (bananas).
- Allow kids to pick a new fruit or vegetable from the store to try.
- Encourage eating whole fruit or vegetables instead of juice. Whole fruits and vegetables are higher in fiber, lower in calories and can be more filling.

## List the fruits and vegetables that you like or are willing to try:

---



---



---



---

