

Fabulous Fruits and Versatile Vegetables

Fruits



Fruits taste great and they're bright and colorful, easy to find, and easy to prepare and eat. There are so many to choose from! Fruits are available in many different forms – fresh, frozen, canned, dried, and as juice. All are good ways to get the recommended servings of fruits a day. Here are some ways you can eat more fruits throughout the day.

- ★ At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice.
- ★ At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Don't forget individual containers of fruit – they are easy and convenient. Kids think they're fun!
- ★ At dinner, add crushed pineapple to coleslaw; include, mandarin oranges in a tossed salad; have a fruit salad for dessert.
- ★ For snacks, spread peanut butter on apple slices; have a frozen juice bar (100% juice); top frozen yogurt with berries or kiwi fruit; snack on some dried fruit.

Nutrition tidbit: What vitamins do you associate with oranges and other citrus fruits? Vitamin C is correct! Citrus fruits are rich in this vitamin, but did you know that strawberries, mangoes, red peppers, and tomatoes are also sources of vitamin C? Vitamin C helps heal cuts and wounds and also keeps your gums healthy.



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Vegetables

For some of us, summertime just wouldn't be the same without fresh produce. Maybe you garden or take trips to a local farmers market. Even your grocery store may have more fruits and vegetables in the summer. With vegetables, you and your family are getting delicious food and, nutritionally you are getting many of the nutrients needed for good health – vitamins, minerals, and dietary fiber.



Like fruits, vegetables are available not only fresh, but frozen, canned, dried, and as juice. You can eat them raw, steamed, boiled, stir-fried, grilled, microwaved, or baked. Aim for 3 to 5 servings of vegetables a day. Here are some ways you can jazz up vegetables to make them even more flavorful.....to help you eat the servings you need.

Spice it !

- ★ Top corn or black beans with salsa or a dash of hot sauce.
- ★ Add garlic to mashed potatoes.
- ★ Add a dash of nutmeg to spinach dishes.

Slice it !

- ★ Add cooked, chopped onions to cooked peas.
- ★ Add sliced or diced vegetables to meatloaf, stews, or scrambled eggs.
- ★ Make a grated carrot salad.

Mix it !

- ★ Cook zucchini and stewed tomatoes together.
- ★ Mix green beans, Italian dressing, and almond together.
- ★ Stir-fry broccoli with chicken or beef.

Zap it !

- ★ Microwave broccoli and sprinkle with Parmesan cheese.
- ★ Microwave a sweet potato with ground cloves or cinnamon on top.
- ★ Heat frozen mixed vegetables for a last minute side dish.



Box 1. Check off the fruits and vegetables that you enjoy eating.

★ Do you eat a variety, including some from each category?

Dark green/leafy

- Bok choy
- Broccoli
- Collard greens
- Endive
- Kale
- Mustard greens
- Romaine
- Spinach
- Turnip greens

Citrus and Berries

- Blueberries
- Cranberries
- Grapefruit
- Kiwi fruit
- Oranges
- Raspberries
- Strawberries
- Tangerines

Orange/deep yellow

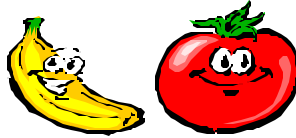
- Acorn Squash
- Apricots
- Butternut squash
- Cantaloupe
- Carrots
- Mango
- Pumpkin
- Sweet potatoes

Dry beans and peas

- Adzuki beans
- Baked beans
- Black beans
- Black-eyed peas
- Chickpeas
- Cranberry beans
- Dark and light red kidney beans
- White beans
- Green and Red lentils
- Soybeans
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pink beans
- Pinto beans
- Mexican red beans
- Split peas
- Tofu
- Yellow-eyed beans

More choices

- Apples
- Asparagus
- Avocados
- Bananas
- Bean sprouts
- Cabbage
- Cauliflower
- Celery
- Corn
- Cucumbers
- Grapes
- Green beans
- Green peas
- Lettuce
- Mushrooms
- Onions
- Papaya
- Peaches
- Pears
- Peppers
- Plums
- Potatoes
- Raisins
- Sprouts
- Tomatoes
- Watermelon
- Zucchini



★ Fruits and vegetables differ in the nutrients they contain. To promote health, include some from each category regularly.

Box 2. How many fruits and vegetables do you need each day?

Are you getting **5** to **13** servings a day?

The Dietary Guidelines for Americans, 2005, recommend between 2 ½ cups (5 servings) and 6 ½ cups (13 servings) of fruit and vegetables per **day**.

Per **week**, you need to include the following vegetables:

Dark green vegetables - 3 cups Legumes (dry beans) - 3 cups

Orange vegetables - 2 cups Starchy vegetables - 3 cups

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