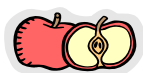


Fabulous Fruits and Versatile Vegetables

Fruits



Fruits taste great and they're bright, 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 each day.

Here are a few suggestions of ways you can eat more fruit throughout the day.

- ★ At breakfast, top your cereal with banana slices or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice.
- ★ At lunch, pack a tangerine, banana, or grapes, or choose fruits from a salad bar. Don't forget individual containers of fruit – they are easy and convenient.
- ★ 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



A wide variety of delicious, nutritious fresh vegetables are available throughout the summer and fall. You can visit farmers' markets to find green beans, corn, zucchini, tomatoes, and squash to name a few. Fresh local vegetables are difficult to find during the winter. Frozen vegetables are a good alternative during this time of year. They are as nutritious as fresh vegetables and available in a variety of delicious combinations. Vegetables give you and your family 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 each day. Here are some ways you can jazz up vegetables and 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.

Slice it !

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



Mix it !

- ★ Cook zucchini and stewed tomatoes 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.

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

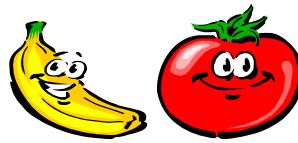
- Acorn Squash
- Apricots
- Butternut squash
- Cantaloupe
- Carrots
- Mango
- Pumpkin
- Sweet potatoes

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.

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.

Each 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



Kathleen A. Donovan, *Bergen County Executive*
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