



10 tips

Nutrition Education Series

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, we're encouraging them as snacks as well, not just meals.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



10 try something new

Choose a new vegetable that you've never tried before. Find recipes online at www.WhatsCooking.fns.usda.gov.



10 tips

Nutrition Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Focus on whole fruits—fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Make sure that saturated fat and added sugars are limited when preparing fruit dishes.

1 keep visible reminders
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe instead of sugar.

3 think about variety
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 don't forget the fiber
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 be a good role model
Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



7 try fruit at lunch
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

9 snack on fruits
Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



BUYING

FRUITS & VEGETABLES

BUY EAT LIVE
HEALTHY
EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM
FNP | FAMILY NUTRITION PROGRAM

Tips for buying fresh fruits and vegetables:

- In order to get the best quality fresh produce it is always good to know what is in season.
- **Fruits in season during the summer:**
 - Berries (blueberries, raspberries, strawberries): look for firm, plump berries
 - Peaches: the peach should have a well-defined crease and a non-shriveled skin
 - Grapes: look for plump grapes that are firmly attached to the stem
 - Cantaloupe: the melon should smell sweet and have a few little cracks near the stem end
- **Vegetables in season during the summer:**
 - Tomatoes: the stem-end of the tomato should have a “garden” smell
 - Corn: sweet corn husks should be bright green and moist, with firm kernels
 - Green beans: choose beans that are crisp, slim, and bright-colored
 - Sugar snap peas: look for pods that are firm, smooth, and a medium green color
 - Beets: choose a smaller size with a smooth, unwrinkled skin
 - Cucumbers: look for firm cucumbers with a bright and even color throughout
- Try to find produce with no bruises or blemishes.
- Most grocery stores will have sales on produce that is in season, so be sure to check out their ads in advance.
- Go to the farmer’s market to get great deals on fresh produce and to support local farmers.
- Reduce spoilage by eating or freezing fruits and vegetables before the produce becomes moldy.



This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP-Ed, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach.

The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to www.dhs.state.ia.us.

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Seasonal Produce Guide: What Fruits and Vegetables are in Season?

Winter



Apples
Bananas
Beets
Brussels Sprouts
Cabbage
Carrots
Celery
Grapefruit
Kale
Leeks
Lemons
Onions
Oranges
Parsnips
Pears
Pineapple
Potatoes
Pumpkins
Rutabagas
Sweet Potatoes and Yams
Turnips
Winter Squash

Spring



Apples
Apricots
Asparagus
Bananas
Broccoli
Cabbage
Carrots
Celery
Collard Greens
Garlic
Greens (cooking)
Lettuce
Mushrooms
Onions
Peas
Pineapple
Radishes
Rhubarb
Spinach
Strawberries
Swiss Chard
Turnips

Summer



Apples
Apricots
Bananas
Beets
Bell Peppers
Blackberries
Blueberries
Carrots
Cantaloupe/
Muskmelons
Celery
Cherries
Collard Greens
Corn
Cucumbers
Eggplant
Garlic
Green Beans
Honeydew Melon
Kiwifruit
Lima Beans
Mangos
Nectarines
Okra
Peaches
Plums
Raspberries
Strawberries
Summer Squash &
Zucchini
Tomatillos
Tomatoes
Watermelon

Fall



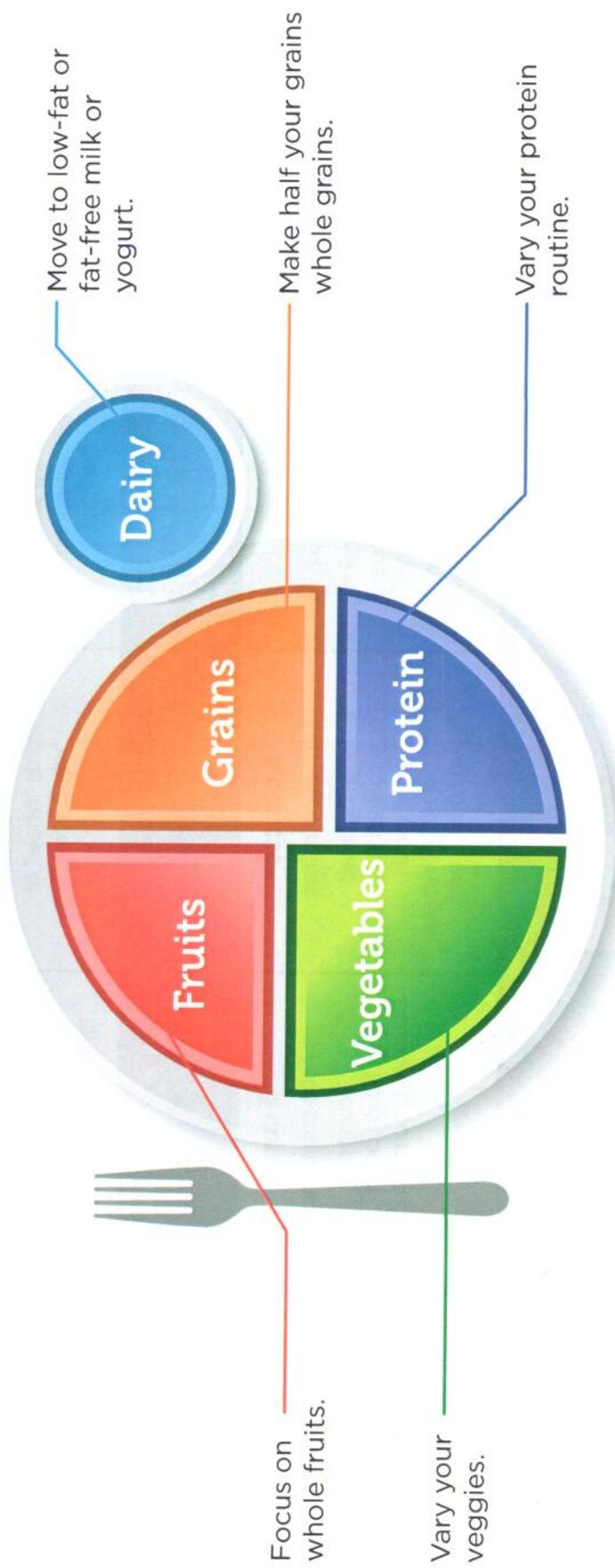
Apples
Bananas
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cranberries
Garlic
Ginger
Grapes
Greens (cooking)
Green Beans
Kale
Lettuce
Mangos
Mushrooms
Onions
Parsnips
Peas
Pears
Pineapple
Potatoes
Pumpkins
Radishes
Raspberries
Rutabagas
Spinach
Sweet Potatoes and Yams
Swiss Chard
Turnips
Winter Squash



United States Department of Agriculture

MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Focus on whole fruits.

Vary your veggies.

Move to low-fat or fat-free milk or yogurt.

Make half your grains whole grains.

Vary your protein routine.

Choose **MyPlate**.gov



Limit

Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



MyWins

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

<p>2 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice 	<p>2½ cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms 	<p>6 ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits 	<p>3 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 cup milk 1 cup yogurt 2 ounces processed cheese 	<p>5½ ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg
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Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day | Adults ≥ 150 min/week



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Healthy Eating Solutions for Everyday Life

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Center for Nutrition Policy and Promotion
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What counts as one cup of fruits?

Many people need to eat 2 cups from the fruits group each day.* This handout shows the amount of food that counts as 1 cup of fruits.

* The amount of fruits may vary depending on age, gender, and physical activity level of each person.



1 cup of chopped fruit like fruit cocktail counts as 1 cup from the fruits group



1/2 cup of dried fruit like raisins counts as 1 cup from the fruits group



1 large banana counts as 1 cup from the fruits group



1 large orange counts as 1 cup from the fruits group



32 red seedless grapes count as 1 cup from the fruits group



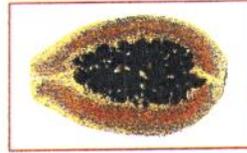
1 cup (8 fluid ounces) of 100% fruit juice counts as 1 cup from the fruits group

IOWA STATE UNIVERSITY
Extension and Outreach

My favorite fruits



Apple



Papaya



Blueberries



Peach



Cantaloupe



Pear



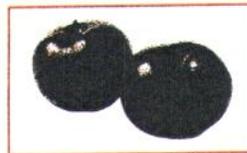
Grapes



Pineapple



Grapefruit



Plums



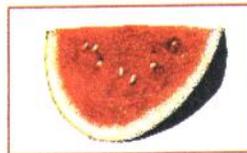
Kiwi



Strawberries



Mango



Watermelon

Write others here:



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What counts as one cup of vegetables?

Many people need to eat 2½ cups from the vegetables group each day.* This handout shows the amount of food that counts as 1 cup of vegetables.

* The amount of vegetables may vary depending on age, gender, and physical activity level of each person.



1 large sweet potato counts as
1 cup from the vegetables group



1 cup of cooked black beans counts as
1 cup from the vegetables group



12 baby carrots count as
1 cup from the vegetables group



1 cup of raw or cooked vegetables like green beans counts as
1 cup from the vegetables group



2 cups of raw leafy greens like raw spinach count as
1 cup from the vegetables group



1 cup (8 fluid ounces) of tomato or vegetable juice counts as
1 cup from the vegetables group

My favorite vegetables

Orange Vegetables



Carrots



Pumpkin



Sweet potato

Starchy Vegetables



Corn



Green peas



White potatoes

Dark Green Vegetables



Broccoli



Greens (collards, mustard greens, turnip greens, kale)



Spinach



Romaine

Other Vegetables



Cabbage



Cauliflower



Green beans



Green or red peppers



Tomatoes



Zucchini

Dry Beans and Peas



Black beans



Garbanzo beans



Kidney beans



Pinto beans



Black-eyed peas

Write others here:



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