

# Fruits and Vegetables

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

## RED

Apple  
Cherries  
Tomato  
Pepper  
Strawberry  
Watermelon

## ORANGE

Pumpkin  
Orange  
Cantaloupe  
Tangerine  
Carrots  
Sweet Potatoes



## GREEN

Broccoli  
Pepper  
Spinach  
Green Beans  
Peas, Kiwi  
Grapes  
Greens

## YELLOW

Pepper  
Apricot  
Peach  
Squash  
Corn  
Grapefruit  
Pineapple



## BLUE/ PURPLE

Plums  
Grapes  
Prunes  
Raisins  
Blueberries  
Eggplant

## WHITE

Cauliflower  
Potato  
Pears  
Onion  
Sprouts  
Jicama  
Banana

## WHY ARE FRUITS & VEGETABLES SO IMPORTANT?

- They may help prevent certain types of diseases such as cancer.
- They contain water and fiber.
- They are full of vitamins and minerals.
- They are sweet and fun to eat.
- They help make blood and keep bones and muscles strong.

## 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.

## KEEPING 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 other to last a few days longer.
- Keep fruits and vegetables in sight in the refrigerator or on the kitchen table.
- Try to plan your meals ahead of time to include fruits and vegetables.



## TIPS TO INCREASE FRUITS AND VEGETABLE INTAKE

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



**MY GOAL:** \_\_\_\_\_

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# Fruits and Vegetables

## SERVING SIZES (1 cup equivalents):

- 1 medium fruit (tennis ball)
- 1 cup small or cut up fruit like grapes
- 1/2 cup dried fruit
- 1 cup non-leafy cooked vegetables
- 2 cups raw leafy vegetables (lettuce)
- 1 cup cooked beans or peas

## TIPS TO REDUCE THE COST OF FRUITS & VEGETABLES:

- Watch advertisements for sales.
- Cut coupons from newspapers.
- Buy fresh fruits and vegetables in season and freeze for later.
- Compare prices of canned, frozen and fresh fruits and vegetables and buy the cheapest.

## PARENT TIPS

- Be a good role model-eat fruits & vegetables yourself.
- Remember, it might take children a long time to try new foods, but keep offering. Never force children to eat foods.
- Eat raw vegetables with a low fat dip.
- Cut fruits and vegetables into fun shapes.
- Try slices of apples, peaches or pears with a lite 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.



## TEEN CORNER

- Buy or make low-fat smoothies or fruit and yogurt parfaits with your friends.
- Top frozen yogurt 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.
- Use this as the ultimate fast food - pick up a banana or apple!
- Freeze berries, grapes, or bananas for a quick snack.

**List the Fruits and Vegetables That You Like or Are Willing to Try:**

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