


Fruits and Vegetables

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners



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



RED Apple Cherries Tomato Red Pepper Strawberry Watermelon		ORANGE Orange Pumpkin Carrots Cantaloupe Tangerine Sweet Potatoes		GREEN Broccoli Spinach Green Pepper Green Beans Peas Kiwi Grapes Greens	
YELLOW Apricot Peach Squash Corn Yellow Pepper Pineapple		BLUE/ PURPLE Grapes Raisins Plums/Prunes Blueberries Blackberries Boysenberries Eggplant		WHITE Potato Pears Onion Cauliflower Sprouts Jicama Banana	

Why are Fruits and Vegetables so important?

- They are full of vitamins and minerals and contain fiber.
- They can add crunch, color and variety to your plate.
- They provide antioxidants that help slow aging.
- They help prevent certain types of diseases such as cancer.
- They help make blood and keep bones and muscles strong.

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 others to ripen.
- 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.

My Goal:

QUICK TIPS

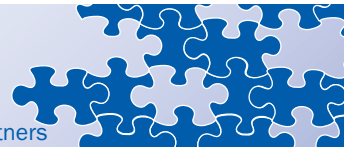
Reducing the Cost of Fruits and Veggies



- Watch ads for sales.
- Use coupons.
- Buy fresh fruits and vegetables in season and freeze for later use.
- Compare prices of canned frozen and fresh fruits and vegetables.
- Shop at food warehouse stores or farmer's markets for reduced prices.

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How big is a serving?

Use the info below as a guide. One serving equals:

- 1 medium fruit (tennis ball size)
- ½ cup fresh, frozen or canned fruit (about the size of half a tennis ball)
- ¼ cup dried fruit
- ½ cup non-leafy vegetables
- 1 cup raw leafy vegetables, like lettuce
- ½ cup peas



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 salad bar.
- Buy pre-sliced, pre-washed bagged salad from the store.

Tips to Increase Fruit and Vegetable Intake

- Plan your dinner around 2 vegetables.
- Ask for extra tomatoes, lettuce and onion for your sandwiches.
- Pack a piece of fruit, cut up vegetables or dried fruit for a quick snack.
- Add fruit to a lite yogurt or smoothie.
- Add fresh or frozen vegetables to canned soup.
- Use chopped or pureed fruit in baked goods.
- Jazz up green salads by adding chopped apricots, apples, pears or papayas.
- Add fruit to cereal or pancakes.
- Visit the produce section and try something new.
- Add salsa to eggs or baked potatoes.

Food Safety

- Separate raw and ready-to-eat foods while shopping, preparing or storing foods.
- Wash fresh fruits and vegetables before eating.

Food Benefits

- Vitamin A is needed for healthy eyes, skin, hair and tissues throughout the body – Bright orange vegetables and fruits, green leafy vegetables
- Vitamin C is necessary for the growth and repair of cells – Broccoli, peppers, tomatoes, citrus fruits, dark leafy greens
- Potassium helps regulate blood pressure and is involved with the function of nerves and muscles – Potatoes, bananas, tomato products, oranges, cantaloupe
- Antioxidants may slow the aging process – Berries, broccoli, tomatoes, carrots

Notes:



Customer Service: **1-800-347-9363 MO; 1-877-347-9363 KS**
Nurse Advice Line: **1-800-347-9369 24 hours a day**

This information is educational in nature and can be used as guide. However, it is not intended to replace a doctor's medical direction. If you have questions or concerns, talk to your doctor or healthcare provider.

Children's Mercy Hospitals and Clinics, Departments of Health Management & Nutrition Services, Healthy Lifestyle Team

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