FRUITS AND VEGGIES

Fruits and vegetables are very nutritious foods, high in vitamins, minerals, and fiber, and low in fat and sodium. Still, most Americans do not eat the recommended amounts of fruits and vegetables each day.

According to health research, Americans daily eat about 3-1/2 servings of fruits and vegetables each day. The current recommended amount is 9 servings per day.

There are several reasons why Americans don’t get enough fruits and vegetables. First, vegetables in particular often get bad press. The second reason is that well-intentioned parents often treat vegetables as something children have to eat in order to get dessert. Oftentimes meals eaten on the run include less fruits and vegetables.

Fruits and vegetables also make great snack foods. They can help lower the fat content of your diet when substituting them for higher fat chips or baked products. Eating a variety of fruits and vegetables is important in order to get all of the nutrients needed for good health.
GET MOVING...

Your physical activity does not have to be done all at one time. For example, you might take 10 minutes to walk to your office from the far end of the parking lot. Then, take 15 minutes to walk after lunch. You might ride bikes with your family in the evening after dinner. It is more important for you to be regularly physically active than to exercise more intensely fewer times in the week. The “weekend athlete” will get less benefits from exercise and generally have more muscle aches and pains on Monday. Try to GET MOVING every day!

DID YOU KNOW . . . ?

✓ Melons are about 90% water.

✓ Citrus fruits and their juices, and fresh peppers are the best sources of Vitamin C.

✓ Eating at least 5 portions of fruits and vegetables everyday could prevent up to 20% of cancer cases.

✓ Fruits and vegetables contain phytochemicals also known as plant chemicals that may be very strong disease fighters.

✓ The fiber found in fruit and vegetables is mostly soluble fiber.

✓ 1 cup of fresh squeezed orange juice contains 1/2 gram of fiber. 1 orange contains 3 grams.

WHAT’S IN A 1 CUP PORTION?

1 cup chopped raw or cooked vegetables

2 cups leafy raw vegetables (such as salad)

1 piece of fruit or melon wedge

1 cup 100% fruit or vegetable juice

1 cup raw or cooked fruit

1/2 cup dried fruit
FAMILY ACTIVITY...Make Your Own Fruit Treats

Choose one or more of these ideas to create some fun and nutritious snacks for You and your children. This activity will allow you to work together in the kitchen and give your children some input into their snacks. Remember to wash your hands before you start! Have fun!

Fruitsicles—Insert wooden popsicle sticks into pineapple chunks or large pieces of banana and freeze to make “fruitsicles.”

Yogurt Fruit Shake—Process 2 medium bananas, 1 cup sliced strawberries (fresh or frozen), 1 cup vanilla frozen yogurt, 1/2 cup cold milk, 1/2 teaspoon vanilla and 1/4 teaspoon cinnamon in a blender or food processor until smooth. Makes 4 1-cup servings.

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CLIP AND COOK

Fruit Pizza

1 roll refrigerator sugar cookie dough
3 oz. package light cream cheese
8 oz. fat free sour cream
Yellow - green and green fruits (use these or others): 3 kiwis, sliced; 1/2 cup cubed honeydew melon
Blue/Purple Fruits (use these or others): 1/2 cup blueberries, 1/2 cup strawberries
Red/Orange Fruits (use these or others): 1/2 cup cubed cantaloupe, 1/2 cup mango

Spray non-stick spray on round pizza pan. Spread cookie dough on pizza pan. Bake at 350°F for 10 to 12 minutes, or until lightly browned. Cool completely. Mix cream cheese and sour cream with electric mixer. Spread on cookie crust. Draw light lines to divide circle into thirds. Spread Yellow/green fruits on 1/3, blue/purple fruits on 1/3, and red/orange fruits on 1/3. Serves 36.

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Nutrition Facts
Amount Per Serving
Calories 76  Sodium 77 mg
Total Fat 3 g  Protein 1g
Exchanges: 1/2 fruit, 1/2 starch, 1/2 fat