

Fruit and Vegetable Groups

Nature's little miracle

The average person on a 2000 calorie diet needs AT LEAST 2 1/2 cups of vegetables and 2 cups of fruit daily.

- Fruit and vegetables are like nature's little miracles. Besides being crunchy and delectable, they are packed full of disease-fighting power. Eating fruits and vegetables can lead to decreased risk of heart disease and certain cancers.
- Fruit and vegetables add flavor, texture, and sweetness to your diet.
- Fruit and vegetables are naturally low in fat and good sources of fiber which helps your digestive health and keeps you full longer.

Vegetable Group motto:
Vary Your Veggies

EAT MORE VEGGIES!

- Eat vegetables with meals and as snacks.
- Make nutritious main-dish salads.
- Add extra vegetables to soup, salad, sauces, sandwiches, or burritos.
- Order a side salad instead of chips or fries.
- Make a delicious, low fat dip to eat with your veggies.
- Skewer vegetables onto pretzel sticks.
- Buy fruit and vegetables when they are in season. They are much tastier!
- Keep cut vegetables in cold water in the front of your refrigerator.
- Serve cucumber slices instead of crackers with dips and spreads.
- Make a stir-fry and serve over whole wheat noodles or brown rice.
- Marinate a variety of sliced vegetables with low-fat Italian dressing and use with turkey in a pita pocket.
- Eating any kind of vegetable, whether canned or frozen, is better than not eating one at all.
- Grow a vegetable garden.
- Add vegetables to favorite foods.
- Enhance veggies with fresh herbs— garlic, ginger, or basil.

Fruit Group motto: Focus on Fruit

EAT MORE FRUIT!

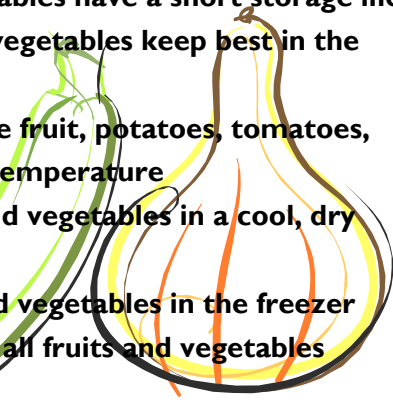
- Have fruit or 100% juice with breakfast.
- Use fruit as a topping on pancakes, waffles, and French toast.
- Eat a piece of fruit instead of skipping breakfast.
- Enjoy fruit for dessert.
- Layer reduced-fat instant pudding and fresh berries in a parfait glass.
- Microwave an apple stuffed with raisins and sprinkled with cinnamon; top with 1/4 cup fat free vanilla yogurt.
- Skewer fruit onto pretzel sticks.
- Buy fruits when they are in season. They are much tastier!
- Add to salads for a sweet punch.
- Peel a banana. Dip it in yogurt then roll in crushed breakfast cereal and freeze.
- Pour 100% fruit juice into popsicle mold or ice cube trays (with toothpicks for handles) and freeze.
- Puree fruit and put it on a toasted bagel.
- Learn which fruits are in season and choose those. It will save you money and almost guarantee delicious taste!



Fruit and Vegetable Storage and Food Safety

Tips:

- Fresh fruit and vegetables have a short storage life
- Most fresh fruit and vegetables keep best in the refrigerator
- Store bananas, unripe fruit, potatoes, tomatoes, and onions at room temperature
- Store canned fruit and vegetables in a cool, dry place
- Store frozen fruit and vegetables in the freezer
- Don't forget to wash all fruits and vegetables before using them
- Avoid cross-contamination of fruits and vegetables with raw meat, poultry, or fish



1-Cup Equivalents

Fruit Group

- 1 cup fruit
- 1 cup 100% juice
- 1/2 cup dried fruit
- 1 round fruit, tennis ball size

Vegetable Group

- 1 cup raw or cooked vegetables
- 1 cup juice
- 2 cups raw leafy greens
- 1/2 cup cooked dried beans, peas or lentils

recipes

waldorf salad

- 1/4 cup raisins
- 2 large apples
- 1 cup celery, diced
- 1/4 cup walnuts, chopped
- 1/2 cup low fat mayonnaise or salad dressing, or plain yogurt
- 1/2 teaspoon sugar
- 1 teaspoon lemon juice

Soak raisins in warm water until plump; drain. Wash apples; core and dice. Combine apples, celery, nuts and raisins. Stir together mayonnaise, sugar and lemon juice. Pour over apple mixture and toss lightly. Yield: 4 servings.

peanut butter fruit dip

- 2 cups skim milk
- 1/2 cup light sour cream
- 1 (3.4 oz.) pkg instant vanilla pudding
- 1 cup peanut butter
- 1/3 cup sugar

Combine milk, sour cream, and pudding mix. Whisk until smooth. Stir peanut butter and sugar into pudding mixture. Mix until well-blended. Serve with sliced apples or banana chunks.

herb-glazed carrots

- 6-8 large carrots, thin sliced on the diagonal
- 1/2 white onion, small-diced
- 1 Tablespoon olive oil
- 1 Tablespoon sugar
- Savory
- Thyme
- Tarragon
- Rosemary
- Nutmeg
- Parsley
- Salt and pepper

Cook carrots in enough water to cover until they are crisp-tender. Saute onion in olive oil. Add drained carrots, sugar and herbs to taste (about 1/4 to 1/2 teaspoon of each). Stir well to coat each carrot with olive oil and herbs. Heat thoroughly. Yield: 6 servings.

oven fries

- 4 medium potatoes
- 1 Tablespoon oil
- Salt to taste
- Cooking spray

Wash potatoes and cut into long strips. Dry strips thoroughly on paper towels. In a large bowl, toss strips with oil until evenly coated. Spread strips in one layer on a shallow pan sprayed with cooking spray. Bake at 450°F until golden brown, 30-40 minutes. Turn often to brown on all sides. Season with salt. Yield: 6 servings.

cauliflower and couscous pilaf

- 1 Tablespoon extra-virgin olive oil
- 4 cups finely chopped cauliflower florets (about 1 medium head)
- 1/2 teaspoon salt
- 3/4 cup reduced-sodium chicken broth
- 1 teaspoon freshly grated orange zest
- 1/4 cup orange juice
- 1/4 cup Craisins
- 2/3 cup whole-wheat couscous
- 1/2 cup sliced scallion greens

Heat oil in a large saucepan over medium heat. Add cauliflower and salt; cook, stirring, until softened, about 3 minutes. Add broth, orange zest, juice and Craisins. Bring to a boil over high heat. Stir in couscous and scallions. Remove from heat and let stand, covered, until the liquid is absorbed, about 5 minutes. Fluff with a fork.