



FOOD MEDICINE

Every Bite Matters

FRUITS & VEGGIES

DO YOU EAT FRUITS & VEGGIES EVERY DAY?

It's recommended that half your plate be filled with fruits and/or veggies at every meal. If this sounds like too much, start to add where you can and continue to increase to meet the recommendation.

EAT THE RAINBOW

Colors represent different nutrients and different tastes

RED

Rich in lycopene that helps protect against various diseases and cancer.

- Found in strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers and red onions.

ORANGE & YELLOW

Contain potassium, vitamins C and A to support cellular health.

- Found in carrots, sweet potatoes, oranges, bananas, pumpkin, cantaloupe, apricots and yellow peppers.

GREEN

Rich in vitamins A, C, E and K to help fight cancer-causing compounds.

- Found in spinach, avocado, asparagus, broccoli, kale, cabbage, Brussels sprouts and various green herbs.

BLUE & PURPLE

Full of antioxidants to delay cellular aging and slow damage that can cause cancer.

- Found in blueberries, blackberries, grapes, raisins, eggplant, plums, figs, prunes and purple cabbage.

WHITE & BROWN

High in potassium, fiber and vitamin C shown to have anti-tumor properties.

- Found in onions, cauliflower, garlic, parsnips, radishes and mushrooms.



WHY EAT FRUITS AND VEGGIES EVERY DAY?

Fruits and veggies contain healthful fiber that keeps you full and helps to maintain blood sugars. They also contain various nutrients to fight inflammation and increase immunity!

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FRUITS AND VEGGIES

BUYING & STORING FRUIT AND VEGGIES

Quality fruits and veggies are a part of a healthy lifestyle. These tips can help you can save money while still eating healthier.

1 Buy only what you need for up to a week

- Root veggies (potatoes, carrots, beets, turnips, parsnips, onions, radishes and sweet potatoes) can stay fresh for longer than a week, but most fruits and veggies last about five days.
- Try freezing, canning or using extras in soups before they spoil.

2 Pre-packaged can keep things easy

- Cut or bagged fruits and veggies require less prep and are great options if you're trying to fit them into your busy schedule. But, they can be more expensive than fresh options.
- Canned options can include high salt and added sugar, so look to the label to make sure you're choosing varieties with lower limits.
- Scheduling time for food preparation can be helpful in maintaining lower food costs.
- Unless your fruit juice is fresh-squeezed, packaged fruit juices do not count toward the recommendation.

3 Eating with seasons

- Seasonal fruits and veggies are often less expensive and more nutritious.
- Examples include winter squash and citrus fruits during colder months, and avocados, berries and summer squash during warmer months.

4 Frozen options increase convenience

- Frozen fruits and veggies are frozen immediately at harvest so they contain the same nutritional value as the fresh varieties.
- Frozen fruits and veggies are convenient to use because they can be bought in bulk and stored.

ENJOYING FRUITS AND VEGGIES

Fruits and veggies do not have to be boring! Experiment with different ways to get them on your plate every day until you find your favorite way to eat them.

- Add frozen fruit to a blender for a smoothie. You can also add spinach or other greens to help overcome any texture issues that prevent you from eating them.
- Keep a bowl of fruit on the counter at home and at work.
- Top your pizza with veggies, like peppers or mushrooms, to add more nutrition.
- Add greens, like spinach, to your finished pasta for a nutrition boost.
- Roast your veggies together in the oven to make it easy and to bring out flavor.
- Go online to find recipes and videos to help practice cooking skills.