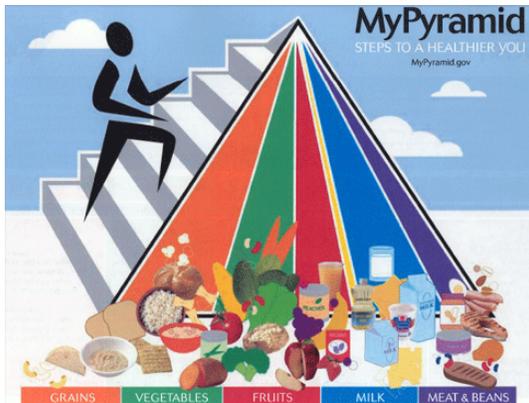


# Tips to Increase Fruits and Veggies



## Try these ideas to increase your fruit and veggie intake:

- Buy fresh fruits and vegetables in season. They cost less and are likely to be at their peak flavor.
- Consider convenience when shopping. Buy pre-cut packages of fruit and veggies for a healthy snack in seconds.
- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Try crunchy vegetables, raw or lightly steamed.



## For the best nutritional value:

- Whole or cut-up fruit and veggies rather than juice, provides the most fiber.
- Choose packaged fruits and veggies that do not have added sugars, sauces, or salt.
- Select fruits and veggies with more potassium.
- Select fruit canned in 100% fruit juice or water rather than syrup when choosing canned fruits.
- Vary your choices. The nutrient content differs.
- Sauces or seasonings can add calories, fat, and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for fat and sodium in plain and seasoned vegetables.
- Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.
- Buy canned vegetables labeled “no salt added”. If you add a little salt it will likely be less than the amount in the regular canned product.

## High Potassium Fruits and Veggies

- |                 |                |
|-----------------|----------------|
| Bananas         | Sweet Potatoes |
| Tomato products | Prunes         |
| Lima beans      | Apricots       |
| Spinach         | Cantaloupe     |
| Peas            | Oranges        |

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	15%
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

# Tips to Increase Fruits and Veggies



## At meals:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack a tangerine, banana, or grapes, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.
- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Add other foods to complement the vegetable.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetables kabobs as part of a barbecue meal. Use tomatoes, mushrooms, green peppers, and onions.
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins.
- For dessert, have baked apples, pears, or a fruit salad.
- Try a main dish salad for lunch or include a green salad with your dinner every night. Go light on the salad dressing.



## Keep fruits and vegetables safe by:

- Wash before preparing or eating them. Rub fruits and veggies briskly under clean, running water with your hands to remove dirt and surface microorganisms. Dry fruits and veggies after washing.
- Separate fruits and veggies from raw meat, poultry, and seafood while shopping, preparing or storing.



For more information visit:  
<http://www.mypyramid.gov/>  
<http://www.fruitsandveggiesmatter.gov/>

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