



Fruits & Veggies: Helping your Family to Eat More

Read the tips inside to learn more about choosing healthy fruits & veggies for you and your family.

Fruits and veggies are tasty, healthy and affordable. They are full of vitamins and minerals for your body and are a great source of fiber. Plan to start eating more today.



How Can I Eat More Fruits & Veggies?

Tips to add more fruits & veggies to your day:

- Have a fruit bowl in the kitchen for quick snacks. Fill it with boxed raisins and fresh fruit in season.
- Have a "veggie bowl" or "drawer" in the refrigerator so everyone can see it. Fill plastic bags with carrots, sliced cucumbers, sliced sweet peppers, celery, radishes, cherry tomatoes.
- Add sliced bananas or frozen berries to low fat or fat free yogurt.
- Add one new fruit or vegetable to your shopping cart each week. Let your family pick ones they want to try.
- Snack on dried fruit such as raisins, apricots, dried plums or cranberries.
- Top your cereal with chopped apples, sliced bananas, or dried fruit.
- Have a leafy green salad or veggie filled soup such as minestrone with lunch or dinner.
- Have a baked potato bar for dinner. Provide chopped canned or fresh veggies, low fat cheese, low fat or no fat sour cream and/or vegetarian chili as topping options.
- Add more fruit or veggies to family favorites such as pizza, macaroni and cheese, sloppy joes, pudding, baked goods or tacos.

Make Fruits & Veggies Fun for Kids!

- Cut it up! Use small cookie cutters to cut up slices of fruit such as melon.
- Make pizza art! Top pizza with your kid's favorite fruits & veggies. Encourage children to make a pattern on their pizza or make smiley faces. Experiment with pineapple chunks, broccoli, mushrooms, sliced bell peppers or sliced tomato.
- Beat the summer heat. Freeze washed berries or grapes on a plate in your freezer. Store them in a plastic bag once frozen.
- Make fruit on a stick. Slice or cube your family's favorite fruits and place on a wooden or metal skewer. It is a quick and pretty dessert!
- Visit a farmer's market as a family. Let your children pick fruits & veggies to try at home. If it's something you've never tried before, ask the farmer for suggestions or recipes.
- Grow a garden together. Plant a small garden in your backyard, in a community garden or even in small containers. Let your children each pick a favorite fruit or veggie to plant and encourage them to help care for the plants while they grow.
- Make a fruit salad. Mix your favorite fresh, frozen or drained canned fruit with low fat or fat free yogurt. Top with chopped nuts, granola or dried fruit.

Eat More Fiber!

How much do I need?

Adults need 25 to 35 grams of fiber each day. Most Americans eat less than half of what they need. Most everyone needs to eat more. Fiber can be found in whole grains, nuts, seeds, fruits and veggies.

Tips on How to Eat More Fiber:

- Eat brown rice instead of white rice.
- Choose whole wheat bread instead of white bread. Look for 3 grams or more fiber per slice.
- Choose whole grain cereals. Look for 5 grams or more fiber per serving.
- Double the amount of frozen or canned veggies in soups, stews and casseroles.
- Add canned beans or lentils to your favorite family recipe such as hamburgers, tacos or sloppy joes.
 - Make a stir fry with chopped vegetables. You can also use frozen veggies – they cook fast as you stir fry. No need to thaw first.
- Eat whole fruit & veggies more often than juice. Fiber is found in the peel or skin. Limit juice for all family members to 100% juice only and no more than 1/2 cup per day.
 - Eat more popcorn. It is a healthy whole grain food if you watch the toppings.
- Choose corn or whole wheat tortillas instead of flour tortillas.
- Mix dried fruits and unsalted nuts for a healthy snack.
- Add dry oatmeal, bran flakes or dry whole grain cereal to yogurt for added crunch.

Tip: When eating more fiber, it is important to also drink more water! Water helps fiber move through your body.

Fruit & Veggies: How Much Do I Need?

Every person is different. Check www.mypyramid.gov to find out what is right for you. Most people need 2 1/2 cups of veggies and 2 cups of fruit each day.

One cup of fruit equals:

- 1 cup cut up fresh, frozen or canned fruit
- 1 cup unsweetened applesauce
- 1/2 cup dried fruit
- 32 grapes
- 1 small apple (size of a tennis ball)
- 8 large strawberries
- 1 cup 100% fruit juice

One cup of veggies equals:

- 1 cup of fresh, frozen or canned non-leafy veggies
- 2 cups leafy greens such as spinach or romaine
- 1 cup 100% vegetable juice
- 1 cup cooked legumes (beans, peas, lentils)
- 1 large tomato (size of a tennis ball)
- 12 baby carrots
- 1 large bell pepper (size of a softball)

And, don't forget! Fruits & veggies come in 5 forms; fresh, frozen, canned, dried and 100% juice. All forms count!

Michigan Availability Guide

	Fruit	Vegetables
January	apples	onions, potatoes
February	apples	potatoes
March		potatoes
April		
May	rhubarb	asparagus
June	strawberries	asparagus, greens, lettuce, onions (green), peas, radishes, spinach, turnips
July	apples, apricots, blueberries, cherries (tart), cherries (sweet), peaches, raspberries	beans, broccoli, cabbage, carrots, celery, cucumbers (salad), greens, eggplant, lettuce, onions (green), peppers, radishes, spinach, squash (yellow, zucchini), tomatoes, turnips
August	apples, apricots, blackberries, blueberries, cantaloupe, cherries (sweet), melons, nectarines, peaches, pears, plums	beans, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumbers, greens, eggplant, lettuce, onions, onions (green), peppers, potatoes, radishes, spinach, squash (yellow, zucchini), tomatoes, turnips
September	apples, blackberries, blueberries, cantaloupe, grapes, melons, nectarines, peaches, pears, plums, raspberries	beans, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumbers, greens, eggplant, lettuce, onions, onions (green), parsnips, peppers, potatoes, pumpkins, radishes, rutabagas, spinach, squash (yellow, zucchini), squash (butternut, acorn), tomatoes, turnips
October	apples, grapes	beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, greens, eggplant, onions, parsnips, peppers, potatoes, pumpkins, radishes, rutabagas, spinach, squash (acorn, butternut), tomatoes, turnips
November	apples	brussel sprouts, celery, onions, potatoes, rutabagas, squash (butternut, acorn), turnips
December	apples	celery, onions, potatoes, squash (butternut, acorn)

Dietary Fiber in Fruits & Veggies

source: www.ars.usda.gov/Services/docs.htm?docid=7783

Turnips: 2 grams / 1 cup
 Brussel sprouts: 3 grams / 1 cup
 Sweet potato: 6 grams / 1 cup mashed
 Beets: 4 grams / 1 cup cooked
 Broccoli: 2 grams / 1 cup
 Carrots: 3 grams / 1 cup
 String green beans: 4 grams / 1 cup
 Cabbage: 2 grams / 1 cup
 Corn: 4 grams / 1 cup
 Lettuce: 2 grams / 2 cups (equals 1 cup)

Apple: 3 grams / 1 cup
 Pear: 5 grams / 1 cup
 Strawberries: 3 grams / 1 cup
 Tart cherries: 2 grams /

Nutrition Facts

Serving Size 1 cup (228g)
 Servings Per Container 2

Amount Per Serving
 Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%
 Saturated Fat 3g 15%
 Trans Fat 3g

Cholesterol 30mg 10%
 Sodium 660mg 28%

Total Carbohydrate 31g 10%
 Dietary Fiber 0g 0%
 Sugars 5g

Protein 5g

Vitamin A 4%
 Vitamin C 2%
 Calcium 20%
 Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
 Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: www.cfsan.fda.gov/~dms/foodlab.html

Reading Labels:

How do I make healthy choices when I buy foods? The Nutrition Facts label on the back of every food product can help you!

Serving Size:

This is the first thing to check. All of the facts on the label, like the calories, fat, and fiber relate to this serving size.

Fat:

Stay away from food high in saturated fat and trans fat. Trans fat (partially hydrogenated vegetable oil) increases the risk of heart disease. Foods labeled "low-fat" have 3 grams or less fat per serving.

Fiber:

A food is a good source of fiber if it has at least 2.5 grams of fiber in a serving.

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, check online <http://www.mfa.state.mi.us/mars/index.asp> or call 1-800-481-4989. This institution is an equal opportunity provider and employer.