

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

Ideas For Eating Better For Less

Fresh Fruit & Vegetables

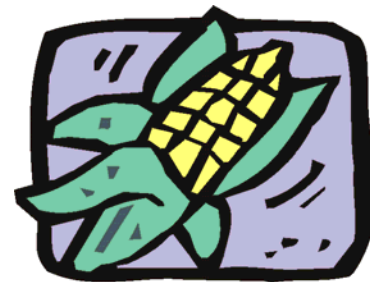
Fruit and vegetables bought in season are your best buys.

- Buy only what you can properly store or use without waste.
- Refrigerate most fresh fruits (not bananas) and vegetables (not potatoes, sweet potatoes, onions, hard winter squash or tomatoes) for longer storage.
- Rinse fruit and vegetables with water just before cooking or eating.
- Eat fruit and vegetables with the skin on. This will add fiber to your diet.
- Do not overcook vegetables.



Mexican Corn Serves 7.

2 cups fresh *or* canned whole kernel corn, drained
2 cups diced onion
1/4 cup chopped green bell pepper
1/4 cup chopped sweet red bell pepper
2 tablespoon margarine, melted
1/4 teaspoon dried ground oregano
1/4 teaspoon ground allspice
1 cup peeled, diced tomato



1. Combine first 7 ingredients in a large nonstick skillet.
2. Cover and cook over medium heat 7 minutes, stirring occasionally.
3. Add tomato. Cook uncovered for 2 minutes or until thoroughly heated.

NUTRITION FACTS (per serving) - Calories 100 ~ fat 4 g ~ calories from fat 35 ~ sodium 200 mg ~ total carbohydrate 17 g ~ fiber 3g

Fruit Salad Serves 4.

1 6 oz. container nonfat peach yogurt
1 tsp. cinnamon
4 nectarines, sliced
2 peaches, sliced



1. Combine yogurt and cinnamon.
2. Stir into fruit

NUTRITION FACTS (per serving) - Calories 80 ~ fat 0 g ~ calories from fat 0 ~ sodium 25 mg ~ total carbohydrate 20 g ~ fiber 3g

Fruit & Vegetable Meal Ideas



- Make fruit kabobs with chunks of your favorite fruit. Serve with vanilla yogurt as a dipping sauce.
- Combine cooked lentils, rice, cooked vegetables and seasonings for a colorful side or main dish. May be served hot or cold.
- Make a vegetable dip using frozen chopped broccoli (thawed and drained), nonfat sour cream, a small amount of low-fat mayonnaise, and a spoonful of dried onion soup mix.
- Make fruit shakes with fruit and low-fat milk or yogurt.
- Many vegetables can be grilled in a grilling basket, on skewers, or wrapped in foil. Keep vegetables about 4 to 6 inches from the heat source: avoid excessively high heat or flames. A little oil may be used to prevent drying.



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