FRUITS AND VEGETABLES

A Tu Salud ¡Sí Cuenta! Educational Module
FRUITS & VEGETABLES

We need at least 5 portions of fruits and vegetables daily.
A HEALTHY PLATE

Ingredients

Vegetables
1 cup

Meat or Protein
3 ounces

Grains
½ cup

GRAINS
One cupped hand
(1/2 cup)

MEAT OR PROTEIN
Palm
(3 ounces)

VEGETABLES
Two cupped hands
or two fists
(1 cup)
HEALTHY PLATES

- Vegetables: ½
- Protein: ¼
- Starch: ¼
KEEP IT COLORFUL

To gain all of the benefits from fruits and vegetables, you should eat a combination of different colors and groups.
BENEFITS

Reduce the risk of:
- Heart disease
- Stroke
- Colon cancer
- Type 2 diabetes
- Cataracts and vision problems
BENEFITS

- Improve gastrointestinal health
- Reduce the possibility of cataracts
- Lose weight especially when combined with lower calorie consumption and physical activity
Fruits and vegetables are rich in vitamins and minerals.
• Helps digestion and prevents constipation
• Helps reduce risk of heart disease
POTASSIUM

• Helps to maintain a healthy blood pressure
• Helps strengthen our muscles
• Tomatoes, bananas, broccoli
VITAMIN A

- Maintains eye and skin health
- Helps protect against infections
VITAMIN C

- Helps heal cuts and wounds
- Helps maintain healthy gums and teeth
The following statements are commonly believed to be true, but are actually false.
MYTH #1

“Cooking with fruits and vegetables takes too much time”
MYTH #1: FALSE

- Cooking with fruits and vegetables does not need to take a lot of time!
  - Use frozen vegetables if you are in a hurry
  - Cut fruits and vegetables before you need them to have them ready when you need them
  - Fruits and vegetables taste good raw...so you don’t have to cook them to get the recommended servings
MYTH #2

“Fruits and vegetables are expensive and hard to find.”
MYTH #2: FALSE

- Buy seasonal produce. There are a variety of fresh produce at a low price.
- Buy fruits and vegetables at the flea market and from street vendors.
MYTH #3

“You need to be a chef to cook fruits and vegetables”
MYTH #3: FALSE

- There are many easy ways to add vegetables to a meal.
- Look for new recipes.
- Add vegetables to meals that you and your family already like!
MYTH #4

“My kids won’t eat vegetables.”
MYTH #4: FALSE

It is possible they won’t like some vegetables the first time they try them, but here are some suggestions.

- Let your children help in the kitchen, if they cooked it they are more likely to try it and to like it!
- Let them find a new vegetable at the supermarket.
- Keep trying different vegetables and you will find some they like.
- Sit down to eat as a family, if they see you eating fruits and vegetables they will too.
- Let them grow a vegetable in a flower pot or garden.
HOW TO START

- Buy fresh fruits and vegetables from the supermarket, farmers market, or flea market
- Add them on the side, directly into your favorite foods, or make a salad
- Cut up carrots, celery, and apples and put them in baggies in the refrigerator for easy snacks
## SAMPLE MEAL PLAN

Make a calendar of meals, try to include at least 5 portions of fruits and vegetables daily.

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Cereal with a banana</td>
<td>Pancakes with blueberries</td>
<td>Oatmeal with raisins and pieces of apple</td>
<td>Bread with a banana</td>
<td>Breakfast taco with potatoes and eggs with an orange</td>
</tr>
<tr>
<td>Lunch</td>
<td>Salad with grapes, pears, pistachios, dried cranberries and balsamic vinagrette</td>
<td>Ham sandwich, carrots, apple, skim milk</td>
<td>Vegetable soup (include carrots, squash, tomatoes, and celery)</td>
<td>Turkey sandwich with lettuce and tomatoes, with an apple and skim milk</td>
<td>Peanut butter and jam with an apple and carrots</td>
</tr>
<tr>
<td>Dinner</td>
<td>Spagetti with tomatoe sauce and a salad with carrots and celery</td>
<td>Stirfry with carrots, water chestnuts, peas, chicken and rice</td>
<td>Chicken tacos with corn tortillas with peppers, onion, and salsa</td>
<td>Pork chop with squash and onions with a salad with dried cherries and walnuts</td>
<td>Citrus shrimp made with limes and oranges and rice</td>
</tr>
</tbody>
</table>

This is only an example, be creative and add fruits and vegetables to your family’s favorite foods!
Scenario:
Each time I get home from work I don’t want to cook much. I usually prepare something easy from a box.
Maggie, Role Model
NEXT STEP

Start today because Your Health Matters!
# THE PLAN

<table>
<thead>
<tr>
<th>Disadvantages</th>
<th>Advantages</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
On a scale of 1-10, how confident are you that you can eat healthy portions daily?
## MAKE A PLAN

**Setting goals is the key to success.**
Write small, clear and realistic goals.

<table>
<thead>
<tr>
<th><strong>What part of your plate is vegetables?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>____________________________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>How do you remember the portions?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>____________________________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>When will you start eating healthy portions?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>____________________________________________</td>
</tr>
</tbody>
</table>
REFERENCES

- U.S. Food and Drug Administration
  www.fda.gov
- U.S. Department of Agriculture
  www.mypyramid.gov
- Tu Salud ¡Sí Cuenta!
  www.tusaludsicuenta.info
- “Food Psychology: Why we eat more than we think” Jim Painter, PhD, RD