



FRUITS AND VEGETABLES



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We need at least **5** portions of
fruits and vegetables daily.

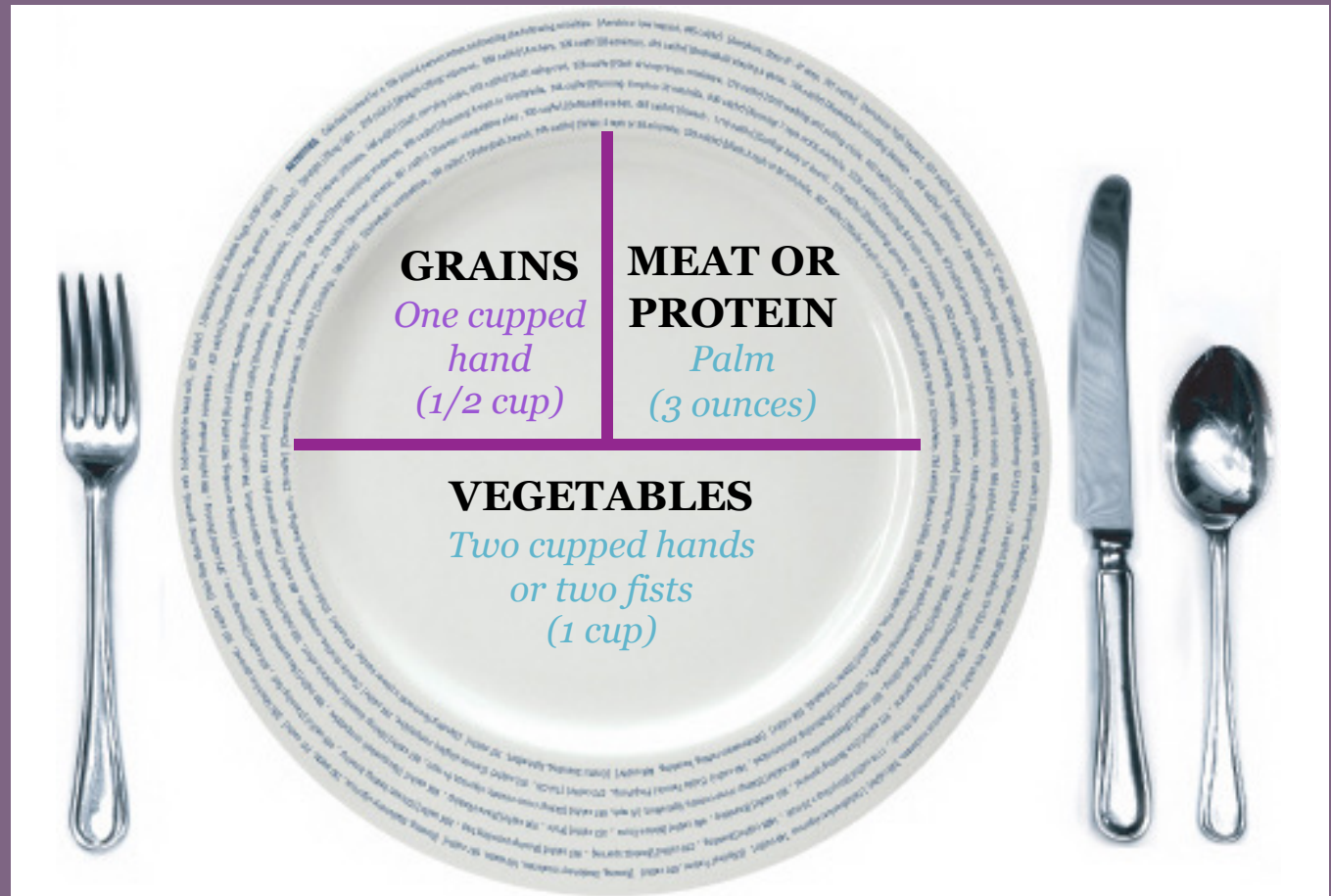
A HEALTHY PLATE

Ingredients

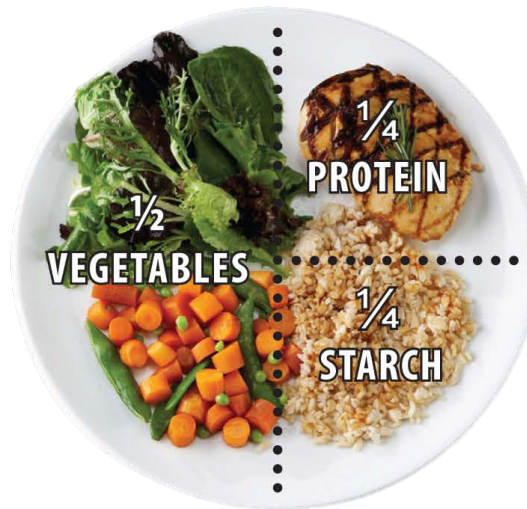
Vegetables
1 cup

Meat or
Protein
3 ounces

Grains
1/2 cup



HEALTHY PLATES



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



NUTRIENTS

Fruits and vegetables are rich in vitamins and minerals.



FIBER

- 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



MYTHS

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.

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

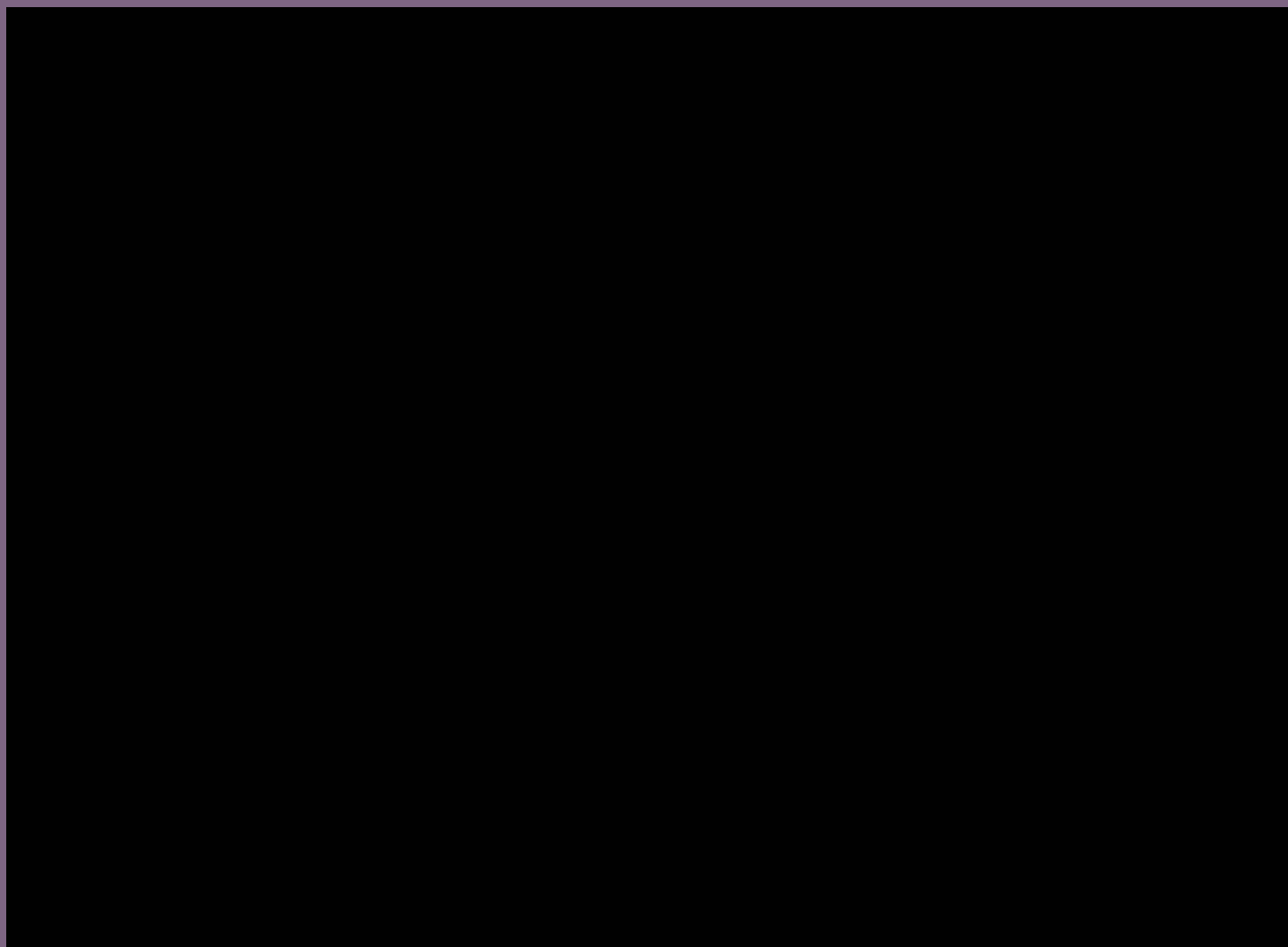
This is only an example, be creative and add fruits and vegetables to your family's favorite foods!



TAKE CONTROL!

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



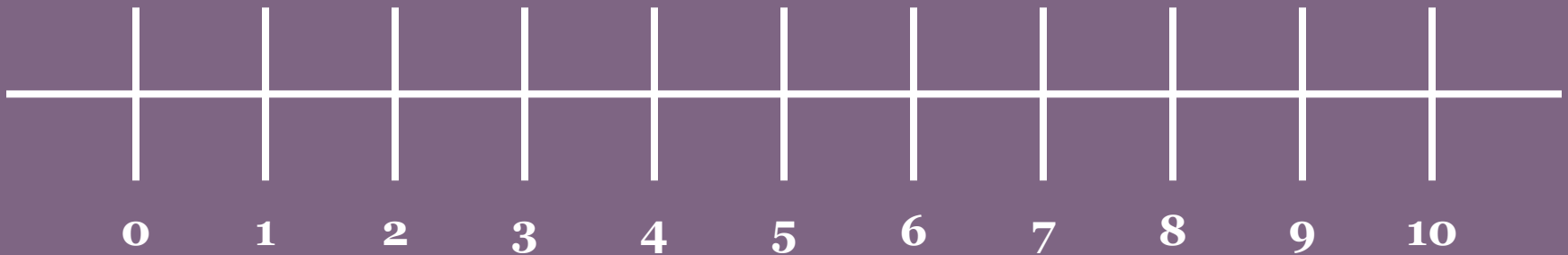
Start today because Your Health Matters!

THE PLAN

Disadvantages	Advantages

THE PLAN

- On a scale of 1-10, how confident are you that you can eat healthy portions daily?



Less
Important

Very
Important

MAKE A PLAN

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

What part of your plate is vegetables?

How do you remember the portions?

When will you start eating healthy portions?

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