

Make half your plate

Fruits and Vegetables



Add more fruits and vegetables to your day

- Make half your plate fruits and vegetables.
- Include them in every meal.
- Have fresh fruits and vegetables for snacks.
- Add them to salads, sandwiches, omelets and baked goods.
- Use fresh, canned, frozen and dried — they all count.



Be adventurous

- Challenge yourself to try a new fruit or vegetable every week.
- Prepare them in different ways. Try grilled, sautéed, steamed, roasted or stir-fried.
- Include them in soups, smoothies, salads and casseroles.
- Try different forms. Use fresh, frozen, canned or dried, for variety and convenience.



Shop smart for fruits and vegetables

- Buy small amounts often to decrease waste.
- Choose produce that is in season.
- Plant a garden and grow your own.
- Add leftover fruits and vegetables to soup, salads, casseroles or pasta to make a new meal.
- Buy canned or frozen - they may cost less.
- Pre-cut and pre-washed will save time but cost more.



Why should I eat fruits and vegetables?

- May reduce risk of stroke, heart disease, diabetes and some cancers
- Fill you up and help control weight
- Keep eyes healthy
- Protect against high blood pressure and bone disease
- Nutritious and delicious



Make fruits and veggies fun for kids

- Be a good role model - let them see you eating fruits and vegetables.
- Let children help plan the menu, grocery shop and make meals.
- Work together and make fun snacks with fruits and vegetables.
- Have cut-up fruits and vegetables for snacks.
- Go easy on juice and make sure it is 100 percent juice.



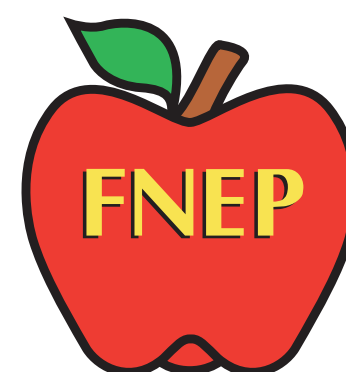
Buy seasonal

- Buying seasonal fruits and vegetables makes it **easy to find** in grocery stores and local farmers markets.
- Seasonal foods are **less expensive** and **better tasting**.



Powerhouse produce

- Fruits and vegetables are an important source of many nutrients, such as: **potassium, dietary fiber, folic acid** and **vitamins A, C and E**
- Naturally low in fat, sodium and calories
- Variety of color provides many nutrients
- Brighter colors — dark green, red, orange and yellow — are more nutrient packed



Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.

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Keep produce safe

- Wash fruits and vegetables before preparing or eating them.
 - Use clean, running water.
 - Rub briskly with your hands to remove dirt and surface germs.
 - Dry after washing.
- Keep produce separate from raw meat, poultry and seafood when shopping, preparing, or storing.

