

# FRUITS AND VEGETABLES

## Eat a rainbow!

### Why eat fruits and vegetables?

- Nutritious and delicious
- May reduce risk of stroke, heart disease, diabetes and some cancers
- Fill you up and help control weight
- Keep eyes and skin healthy
- Protect against high blood pressure and bone disease
- Important source of nutrients such as potassium, dietary fiber, folic acid and vitamins A, C and E
- Low in calories, saturated fat, and sodium

**Different colors provide different nutrients. Eat a rainbow of colors.**

**Pro tip:** Fruits and vegetables are tastier, more nutritious, and cheaper when they are in season. Go to [seasonalandsimple.info](http://seasonalandsimple.info) to learn what's in season now.

**Use fresh, frozen, canned, or dried. They all count!**

### Be adventurous

- Challenge yourself to try a new fruit or vegetable whenever possible.
- Prepare them in different ways. Try grilled, sautéed, steamed, roasted or stir-fried.
- Include them in soups, smoothies, salads and casseroles.
- Shredded or diced veggies such as green peppers, zucchini, or carrots can give a boost to ground meat for tacos, spaghetti, or sloppy joes.

### Save money

- Canned and frozen are just as good as fresh, and they usually cost less.
- Buy small amounts of fresh produce often to reduce waste.
- Pre-cut produce may save time, but it costs more.
- SNAP benefits are accepted at many farmers markets and are sometimes worth double. Check your local market!