

# Fruits and Vegetables 101

Vegetables and fruits are an important part of a healthy diet, and variety is as important a quantity. No single fruit and vegetable provides all of the nutrients you need to be healthy. Eat plenty everyday.

Most fruits and vegetables are naturally low in fat and calories. None have cholesterol.

## Q: What Foods Are in the Fruit Group?

A: Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up or pureed.



100% fruit juice



Fresh fruits



Canned fruits



Frozen fruits



Pureed fruit (ex: Apple sauce)



Dried fruits

## Q: What is the recommendation for fruit?

A: Two cups of fruits per day

## Q: How much is a cup?



# Fruits and Vegetables 101

## Q: What Foods are in the Vegetable Group?

A: Any vegetable or 100% vegetable juice counts as Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut-up, or mashed.

Based on their nutrient content, vegetables are organized into FIVE subgroups:

### Dark Green Vegetable

Bok choy, broccoli, collard greens, dark green leafy lettuce, kale, romaine lettuce spinach

### Red and Orange Vegetables

Acorn squash, butternut squash, carrots, hubbard squash, pumpkin, red peppers, sweet potatoes, tomatoes

### Starchy Vegetables

Corn, green peas, plantains, potatoes, taro, water chestnuts



### Beans and Peas

Black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, soy beans, white beans

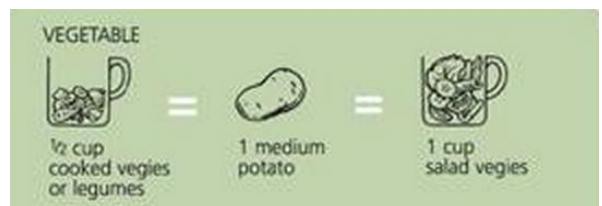
### Other Vegetable

Artichokes, asparagus, avocado, bean sprouts, beets, cauliflower, cucumber, eggplants, mushrooms, okra, zucchini

## Q: What is the recommendation for vegetables?

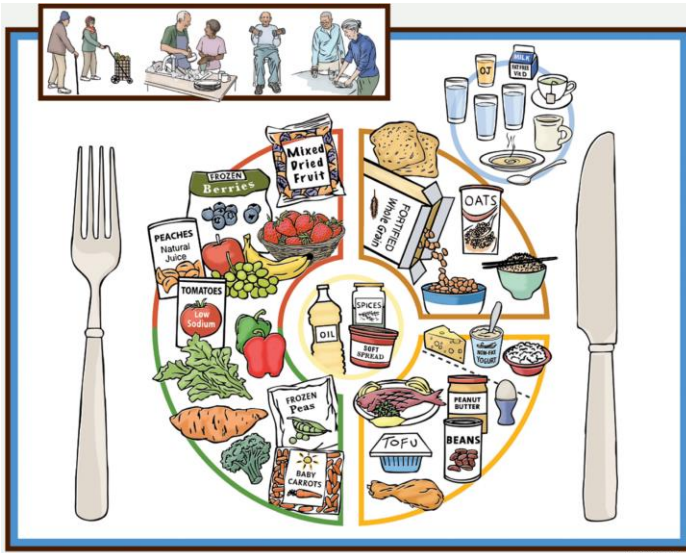
A: 2.5 cups of vegetable per day

## Q: How many is one cup?



# My Plate for Older Adult

*Making wise food choices can help you stay healthy.*



## **The best choices:**

- vegetables and fruits with deeply colored interiors
- whole grain and fortified breads, whole grain cereals and brown rice
- low-fat and non-fat dairy products such as yogurt and cottage cheese
- beans, nuts, fish, poultry, lean meat and eggs
- liquid vegetable oils and soft spreads
- spices and herbs to replace salt

Also, remember to get plenty of fluids, especially in hot weather, and get regular physical activity to keep at your best.

---

## **Health Benefits of Fruits and Vegetable**

1. Reduce risk for heart disease, including heart attack and stroke.
1. May protect against certain types of cancers.
1. Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
1. Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
1. Eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.



# Tips to Help You Eat Fruits and Vegetable

## **In general:**

1. Buy fresh fruits and vegetables in season. They cost less and are likely to be at their peak flavor
2. Stock up on frozen vegetables/ fruits for quick and easy cooking or preparing
3. Consider convenience when shopping - pre-cut packages of fruits, pre-washed bags of salad greens or package of veggies such as baby carrots or celery sticks.

## **For the Best Nutritional Values:**

1. When choosing canned fruits canned in 100% fruit juice or water rather than syrup; Buy canned vegetables labeled “reduced sodium”, “low sodium” or “no salt added”
2. Vary your fruits and vegetable choices. They differ in nutrient content

## **Make Fruits and Vegetables More Appealing:**

1. Many vegetables and fruit taste great with dip and dressing - Try low-fat salad dressing with veggie and low-fat yogurt with fruits.
2. Try different textures of fruits and vegetables.



### *Specifically, tips for vegetables*

1. Plan some meals around a vegetable main dish, then add other foods to compliment it
2. Try a main dish salad for lunch
3. Shred carrots or zucchini into meatloaf, casseroles

### *Specifically, tips for fruits:*

1. Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
2. Refrigerate cut-up fruit to store for later.
3. Make fruit smoothies or fresh fruit salad
4. For dessert, have baked apple, pears or fruit salad
5. Reveal meat dishes that incorporate fruits
6. Top cereal with some fruits



# Frozen and Canned Fruits & Vegetable vs. Fresh



**MYTH:** Fresh fruits and vegetables are better for you than canned or frozen because the processing removes all the nutrients.

**FACT:** The nutrient content of canned and frozen fruits and vegetables is comparable to fresh, and in some cases, it may be higher than fresh.

Produce to be canned or frozen is processed immediately after harvesting, so nutrients losses after picking are minimal.

Generally, the losses from the canning or freezing process are small and are not substantially different than losses that may occur at home.

Studies have shown that recipes prepared with canned food had similar nutritional values to those prepared with fresh or frozen ingredients.

**TIP:** Canned, frozen, and fresh produce are quality economical depending on the time of year and the specific fruit or vegetable. Canned and frozen fruits and veggies are more economical choices if you find your fresh produce spoiling before you can eat it.

**Fresh, Frozen, Canned, Dried and 100% Juice: All Forms of Fruits and Vegetables Matter!!**



# Choose produce that is in season



Fruits and vegetables grow at different times of the year

The seasonality of food refers to the time of year when a food is at its peak time of harvest or when food has the most *flavor*

Fruits and vegetables are usually *cheapest* when they are “in season”



**Fall**



**(September, October, November)**

## Vegetables

Brussels Sprouts  
Butternut Squash  
Sweet potatoes  
Turnips  
Mushrooms  
Ginger  
Passion Fruit  
Broccoli

## Fruits

Cranberries  
Pears  
Pineapple  
Pomegranate  
Passion Fruit  
Grapes  
Date Plum



**Winter**



**(December, January, February)**

## Vegetables

Buttercup Squash  
Chestnuts  
Collard Greens  
Sweet Potatoes  
Turnips

## Fruits

Clementine  
Dates  
Grapefruit  
Kiwi  
Pear  
Pomegranate  
Tangerines  
Oranges

**Spring**

**(March, April, May)**

## Vegetables

Artichokes  
Asparagus  
Broccoli  
Corn  
Green Beans  
Mustard Greens  
Peas  
Spinach

## Fruits

Apricots  
Honeydew  
Limes  
Mango  
Strawberries  
Pineapple  
Oranges



**Summer**



**(June, July, August)**

## Vegetables

Bell Peppers  
Corn  
Cucumbers  
Zucchini  
Eggplant  
Green Beans  
Jalapeno peppers  
Radishes  
Tomatoes

## Fruits

Apricots  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Watermelon  
Grapes  
Limes  
Nectarines  
Plums  
Strawberries



# Organic foods: Understanding Organic



- Farmers who grow organic produce don't use conventional methods to fertilize and control weeds.
- Examples of organic farming practices include using natural fertilizers to feed soil and plants, and using crop rotation or mulch to manage weeds.

## Is there a difference between organic and non-organic?

- Some studies show that organic food has more nutrients, but others say there is no difference
- Some studies say organic food has less protein, but the protein that is in the food is higher quality

Ultimately, we don't know if there is a significant difference in organic food.

You can still get all the healthy nutrition you need from non-organic produce!!



***Be careful!***  
***Natural***  
***does not mean***  
***Organic***



Only foods that are grown and processed according to USDA organic standards can be labeled organic

Some people think that eating organic will reduce their chance of food borne illness, but this is not true. Eating organic foods **DOES NOT** decrease your chance of getting bacteria that cause you to be sick.

In fact, sometimes organic foods are more prone to cause food-borne illness because the bacteria are not killed during the growing process by pesticides.

The best way to avoid food-borne illness is to make sure all your fresh produce is washed well and all meat is cooked thoroughly!



# Organic foods: All or Nothing?

Many people don't want to or simply can't eat everything organic. It can get expensive and difficult to find sometimes. So what foods should you try to make organic if you are only going to choose a few?

The U.S. Department of Agriculture tests thousands of fruits and vegetables each year for pesticides. They release a report that says how many pesticides they typically find on a certain kind of food. Different environmental groups take this information and provide typical foods that are good to eat organically.

## **Foods that are better to eat organically are:**

Apples  
Celery  
Cherry tomatoes  
Cucumbers  
Grapes  
Hot peppers  
Imported nectarines  
Peaches  
Potatoes  
Spinach  
Strawberries  
Sweet bell peppers



**TIP:** An easy way to remember these foods is that they are all fruits and vegetables that you eat the skin! When you eat the skin of the fruit or vegetable, you are ingesting the parts that have potentially come in contact with harmful pesticides.

## **If you can't eat everything organic, or you don't want to, then choose the traditional/non-organic versions of these foods:**

Avocados  
Cantaloupe  
Sweet corn  
Grapefruit  
Kiwi  
Mushrooms  
Onions  
Papayas  
Pineapples  
Frozen sweet peas





# Roasted Butternut Squash

Makes 4 servings

## Ingredients

1 Butternut Squash – peeled, seeded, and cut into 1-inch cubes

2 Tbsp olive oil

2 cloves garlic, minced

Salt and pepper to taste



## Directions

1. Preheat the oven to 400 degrees F
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and pepper. Arrange roasted squash on a baking sheet
3. Roast in preheated oven until squash is tender and lightly browned, 25-30 minutes

## Nutrition Facts

Serving Size 4 cup (1g)

Amount Per Serving

**Calories 93**

% Daily Values\*

**Total Fat** 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Sodium** 3mg **0%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber 1g **4%**

Sugars 2g

**Protein** 1g **2%**

\*Percent Daily Values are based on a 2,000 calorie diet.

# Perfect Summer Fruit Salad

## Ingredients

- 2 cups strawberries
- 2 cups blueberries
- 2 cups raspberries
- 1 Tbsp balsamic vinegar
- ¼ cup sugar



## Directions

1. In a large bowl, combine the berries, vinegar, and sugar. Stir gently. Cover securely with plastic wrap and refrigerate for 30 minutes to an hour
2. Spoon the berries into serving dishes

Nutrition Facts	
Serving Size 1 cup (1g)	
Amount Per Serving	
Calories 109	
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 2mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 6g	24%
Sugars 19g	
Protein 1g	2%
*Percent Daily Values are based on a 2,000 calorie diet.	