Why Children Need Fruits and Veggies

Focus on Fruits and Vary Your Veggies

Healthy eating habits start early. In fact, adults that eat the recommended amount of fruits and vegetables usually ate plenty of fruits and veggies as children. Health experts recommend plenty of fruits and veggies every day because they are:

Rich in Vitamins and Minerals Needed for Growth

Vitamin A: for growth, vision and healthy cells
Vitamin C: for ligaments, gums, wound healing and blood cell
Folate: for normal cell division, wound healing and preventing birth defects
Vitamin B_6: for muscles, nerves and blood cells
Vitamin K: for proper blood clotting
Calcium: for bone health, teeth, nerve impulses and more
Magnesium: for bones, nerve impulses and muscle function
Iron: for oxygen transport, immune function and learning ability
Selenium: for processing of fat and vitamin E; may protect against cancer
Potassium: for healthy cells and processing of carbohydrate and protein

Low in Fat and Good Sources of Fiber

- A diet low in fat may reduce the risk of heart disease, obesity and some cancers.
- Diets high in fiber have been linked to lower risks of some types of cancer.
- Fiber-rich foods help keep your digestive system healthy. They also help keep your blood cholesterol and blood sugar normal.
- Fiber is filling, which prevents overeating.

Good Sources of Cancer-reducing Compounds

Different plant families provide different health benefits, so eating a variety of fruits and veggies is recommended. Fruits and veggies help reduce the risk of cancer because they are rich sources of:

Carotenoids: a group of compounds related to vitamin A
Beta-carotene: an antioxidant that helps protect cells and DNA
Bioflavonoids: powerful antioxidants that work with vitamin C
Allicin: an immunity booster
Phenolics: powerful antioxidants that may slow some effects of aging
Lycopene, indoles and anthocyanins: powerful antioxidants

Sources: NC SNAC 2003, NC 5 A Day Toolkit ugust 2007

Por qué los niños necesitan frutas y verduras

Piense en las frutas y varíe las verduras

El hábito de comer de modo sano empieza a temprana edad. Es más, los adultos que comen la cantidad recomendada de frutas y verduras generalmente comieron muchas cuando niños. Los expertos de salud recomiendan el consumo de muchas frutas y verduras todos los días porque:

Son ricas en las vitaminas y los minerales que se necesitan para crecer

Vitamina A: para el crecimiento, la vista y células sanas
Vitamina C: para los ligamentos, las encías, cura de heridas y glóbulos rojos
Folato: para el desdoblamiento celular normal, cura de heridas y prevención de defectos de nacimiento
Vitamina B_6: para músculos, nervios y glóbulos sanguíneos
Vitamina K: para la buena coagulación sanguínea
Calcio: para huesos sanos, dientes, impulsos nerviosos y más
Magnesio: para huesos, impulsos nerviosos y función muscular
Hierro: para transporte de oxígeno, la función inmunitaria y la capacidad de aprender
Selenio: para procesar la grasa y la vitamina E; puede proteger contra el cáncer
Potasio: para células sanas y el procesamiento de carbohidratos y proteínas

Tienen poca grasa y son excelentes fuentes de fibra

- Una dieta de poca grasa puede reducir el riesgo de las enfermedades cardíacas, la obesidad y algunos tipos de cáncer.
- Las dietas ricas en fibra se han ligado a un menor riesgo de algunos tipos de cáncer.
- Alimentos ricos en fibra ayudan a mantener sana la digestión. También ayudan a normalizar el colesterol y la glucosa.
- La fibra llena, lo cual impide que se coma demasiado.

Son buenas fuentes de los compuestos que reducen el cáncer

Diferentes familias de verduras proporcionan diferentes beneficios de salud, por lo tanto se recomienda comer una variedad de frutas y verduras. Frutas y verduras ayudan a reducir el riesgo de cáncer porque son fuentes ricas de:

Carotenoides: un grupo de compuestos relacionados con la vitamina A
Beta caroteno: un antioxidante que ayuda a proteger el ADN y las células
Bioflavonoides: antioxidantes poderosos que funcionan con la vitamina C
Alicina: un refuerzo inmunitario
Fenoles: antioxidantes poderosos que pueden disminuir algunos efectos del envejecimiento
Licopenos, indoles y antocianinas: antioxidantes poderosos

Fuente: NC SNAC 2003, NC 5 A Day Toolkit

Easy Ways to Enjoy Fruits and Veggies

Focus on Fruits and Vary Your Veggies

Making a Change

- **Set a good example.** Eat fruits and vegetables every day yourself whether you are at home or on-the-go. Pick up a pack of dried fruit instead of a candy bar. Comment to your child about how good your snack is. At home or in a restaurant, get excited about how good the veggies look, smell and taste.

- **If you make it they will come.** The more visible you make fruits and veggies to children, the more likely they are to eat them. Make fruits and veggies ready-to-eat by washing and cutting ahead of time.

- **Get interactive.** Have children sprinkle raisins or blueberries on cereal or yogurt, or grate carrots for a salad. Get children interested by having them watch a veggie or fruit go "from farm to plate". Grow a garden, join a community garden project or simply visit a local farm. Children's books about fruits and veggies can be read at home to make an impact — try your local library.

- **There is always something that they will like.** There are so many fruits and veggies out there to choose from and so many ways to fix them! Try broccoli in macaroni and cheese, fruit chunks in gelatin, or raw spinach in a tossed salad with other greens.

- **Give your kids a choice.** Take them to a grocery store or Farmers' Market to let them see all the different shapes and colors that fruits and veggies offer. Have children pick out a new fruit or veggie that they would like to try. At home, have them help fix it. Let your child decide whether to eat it and how much to eat. Likes and dislikes change as children grow. If they don't like something the first time, wait a few weeks and try try again!

- **Prepare unique twists on common favorites.** Instead of high-fat French fries, try seasoned, baked sweet potatoes. Simply cut sweet potatoes into wedges, spray lightly with a veggie oil spray, and cook at 350 degrees Fahrenheit for 45-50 minutes.

Bringing More to the Table

- As a main course, serve larger portions of veggies and smaller ones of meat.
- Offer two veggies and a salad at dinner. You'll save money and cut down on fat and cholesterol at the same time.
- Snack on a variety of veggies and fruits instead of expensive chips and cookies.
- Use fresh produce in your soups, rice dishes and stews.
- Try new recipes or adapt your old ones to include more produce.
- Add sliced or dried fruit to cereal for breakfast.
- Add chopped, fresh veggies such as broccoli and red peppers to homemade or store-bought pizza.
- Buy large bags of frozen, mixed veggies and use them to make an easy stir-fry dinner.

Fun Food Tips

- Dip it, dunk it, love it! Kids love to eat almost anything that can be dunked into a tasty dip or dressing. Serve carrot and veggie sticks with low-fat ranch dressing, lite sour cream or low-fat cottage cheese. Slice apples and pears or other fruit and dip them into low-fat vanilla or lemon yogurt for a sweet dessert combination.
- Keep the crunchies in your munchies. Kids often prefer raw veggies instead of cooked. Raw carrots, celery, sweet peppers, zucchini, cauliflower and broccoli are big hits.
- Create eye-appealing combinations such as carrot coins and baby peas. Or, try corn kernels with bright chunks of red pepper.
- Let kids get a scoop on things by having a melon baller handy. They'll love making their own desserts from cantaloupe, honeydew and other melons topped with a scoop of low-fat frozen yogurt.
- Keep things fresh and interesting by combining fruits of different flavors and colors, such as red grapes with pineapple chunks.
- Try fanning alternating sections of grapefruit and navel oranges into a pinwheel shape for a merry-go-round of fruity fun.
- Make it fun by decorating baked potatoes with veggie toppings, threading fruit on skewers for fruit kabobs, or by making animal shapes or faces on pizza, cereal and pancakes.

Adapted from materials from Texas 5 A Day Week materials, the NC Nutrition Education and Training Program, the NC Division of Public Health - Nutrition Services Branch, and the Westchester County Department of Public Health.

Cómo gozar de frutas y verduras

Piense en las frutas y varíe las verduras

Haga el cambio

- **Dé un buen ejemplo.** Coma usted misma frutas y verduras todos los días, en casa o fuera de la casa. Ande con un paquete de frutas secas en vez de dulces o chocolates. Háblele a sus hijos del buen sabor que tienen. En casa o en un restaurante, entusiásmelos con el buen sabor, olor y aspecto de las verduras.

- **Si las prepara, las comerán.** Cuanto más visibles son las frutas y verduras para sus hijos, tanto mayor la probabilidad de que las comerán. Tenga frutas y verduras listas para comer, lavándolas y cortándolas con anticipación.

- **Sea interactiva.** Pida a sus hijos que coloquen pasas de uva o arándanos azules en los cereales o en el yogur, o que rallen zanahorias para una ensalada. Interese a sus hijos a que vean como una fruta o verdura pasa “de la huerta al plato”. Plante un huerto, asóciese con una huerta comunitaria o visite una huerta local. Libros escritos para niños sobre frutas y verduras se pueden leer en casa para que haya más impacto – visite su biblioteca pública.

- **Siempre habrá algo que les gustará.** Hay tantas frutas y verduras de las que se puede seleccionar y tantas maneras diferentes de prepararlas. Añádale bróculi a los macarrones con queso; o trozos de fruta a la gelatina o a una ensalada de espinacas y otras verduras de hoja verde.

- **Deje que sus hijos seleccionen.** Llévelos a una verdulería/frutería o a un mercado de agricultores y déjelos ver las diferentes formas y colores de las muchas frutas y verduras al alcance. Deje que seleccionen una fruta o verdura nueva que quisieran probar. En casa, deje que la preparen ellos. Deje que sus hijos decidan si es que la quieren comer y cuánto quieren comer. A medida que crecen sus hijos, lo que les gusta y lo que no les gusta, irá cambiando. Si no les gusta algo la primera vez, espere una semanas y ofrézcasela otras vez.

- **Prepare comidas favoritas de otra manera.** En vez de papas fritas llenas de aceite, hornee batatas dulces bien condimentadas. Corte los camotes/batatas dulces en trozos, rocíelas con un rociador de aceite vegetal y cocine al horno a 350° F (176° C), por unos 45 a 50 minutos.

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

Traiga más a la mesa

- Como plato principal, sirva más porciones de verduras y menos de carnes.
- Para la cena, ofrezca dos verduras y una ensalada. Ahorrará dinero y además, reducirá la cantidad de grasas y colesterol.
- Entre comidas, coma una variedad de verduras y frutas en vez de papas fritas y galletas que son más caras.
- Use verduras frescas en las sopas, platos con arroz y guisados.
- Pruebe recetas nuevas o adapte las viejas para que incluyan más verduras y frutas.
- Añada frutas secas y frutas frescas cortadas a los cereales del desayuno.
- Añada verduras frescas picadas, como bróculi y pimientos/ajíes rojos a las pizzas hechas en casa o compradas.
- Compre bolsas grandes de verduras mixtas congeladas y úselas para complementar una cena rápida cocida en la sartén.

Ideas para divertirse con frutas y verduras

- ¡Remójelas, báñelas, úntelas, sumérjalas! A los niños les encanta casi todo lo que pueden meter en un aderezo o salsa. Sirva palitos de zanahorias y otras verduras con una salsa "Ranch" de poca grasa, crema agria de poca grasa o queso cottage de poca grasa. Corte rebanadas de manzanas, peras u otras frutas y úntelas con yogur de poca grasa de vainilla o de limón y tendrá un postre dulce y sabroso.
- Coma algo crujiente cuando tiene hambre. Niños muchas veces prefieren verduras crudas a cocidas. Favoritos son: zanahorias, apio, pimientos/ajíes rojos, calabacines, coliflor y bróculi.
- Crea combinaciones con aspecto bonito, por ejemplo, rodajas de zanahoria y chícharos/ guisantes verdes. O combine granos de maíz fresco con trocitos de pimientos/ajíes rojos y verdes.
- Permita a sus hijos usar el utensilio que corta y forma bolas de frutas. Les encantará preparar su propio postre, formando bolas de melón cantalupo, melón verde o sandías y añadiendo una cucharada de yogur congelado de poca grasa.
- Las cosas se ponen interesantes cuando se combinan frutas de diferentes sabores y colores, por ejemplo, uvas rojas con trozos de piña.
- Para variar, coloque las secciones de toronjas y naranjas en forma de abanico.
- Deje que sus hijos decoren papas al horno con aderezos de verduras, coloquen trozos de frutas en pinchos/brochetas, corten pizzas o panqueques/hotcakes en forma de un animal o formen caras con los cereales.

Adaptado de materiales de "*Texas 5 a day week*", el Programa de Carolina del Norte de Educación y Capacitación Sobre la Nutrición, la División de Salud Pública de Carolina del Norte – Rama de Servicios de Nutrición y del Departamento de Salud Pública del Condado de Westchester.

Vary Your Veggies

Focus on Fruits and Vary Your Veggies

12 Delicious, Easy Ways to Enjoy Veggies

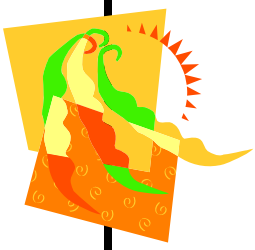
From a health standpoint, veggies are a five-star food group: naturally nutrient-rich; better tasting than a vitamin pill; low in calories and fat; cholesterol-free and packed with disease-fighting phytonutrients. Here are a dozen daily ways to treat yourself to good health!

1. **Broccoli and cauliflower:** Versatile and very healthful – eat them raw (with dip if you like) or cooked, in a salad or even a slaw.
2. **Carrots:** Sweet, crunchy, good for your teeth, eyes and heart! Perfect raw (as a snack or salad) or cooked in a stew.
3. **Peppers:** Green, red, yellow, orange or even purple! Enjoy peppers in a salad, stir-fry, casserole or as a snack.
4. **Spinach:** A salad of baby spinach leaves with pears or apples can turn anyone into a real spinach lover.
5. **Onions:** The zesty onion family (scallions, leeks and garlic, too!) offer some powerful antioxidant nutrients.
6. **Peas:** Fresh, frozen or even canned, peas are a treat to eat and they are very popular with small children.
7. **Beets:** If you've never liked beets, try them in a new way – like roasted, grilled or lightly steamed in the microwave.
8. **Sweet potatoes and yams:** Switch the color of your usual baked potato and you'll get a lot more nutrients, along with great taste.
9. **Mushrooms:** Just a mushroom or two adds rich flavor to a casserole, soup, stew, stir-fry or even a tossed green salad.
10. **Leaf and romaine lettuce:** Rule of thumb for a healthy salad – the darker the green or the red of the lettuce leaves, the more nutrients you get.
11. **Green, yellow or purple beans:** Like their pea 'cousins', beans offer some fiber and a little bit of protein, along with vitamins and minerals.
12. **Tomatoes:** Cooking increases the availability of some tomato nutrients – so enjoy canned sauce, paste and chunks.

National Nutrition Month® - March 2005; Adapted by the NC NET Program from Eat Right Montana materials

Varíe las verduas

Piense en las frutas y varíe las verduras



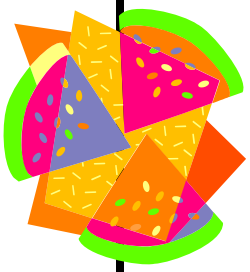
12 maneras deliciosas y fáciles de disfrutar de las verduras

Desde el punto de vista de la salud, las verduras son el grupo alimenticio de cinco estrellas: naturalmente ricas en nutrientes; con mejor sabor que una píldora vitamínica; de pocas calorías y grasa; sin colesterol y llenas de fitonutrientes que batallan las enfermedades. Aquí ofrecemos una docena de maneras para que usted se dé el buen gusto de la buena salud.

1. **Bróculi y coliflor:** Versátil y muy saludable – cómalos crudos (con alguna salsa para untar, si desea) o cocidos o en una ensalada.
2. **Zanahorias:** Dulces, crujientes ¡buenas para los dientes, los ojos y el corazón! Son perfectas crudas (como refrigerio o en ensalada) o cocidas en un guisado.
3. **Pimientos/chiles:** Verdes, rojos, amarillos, anaranjados o violetas. Gócelos en una ensalada, fritos o en un estofado o como refrigerio.
4. **Espinaca:** Una ensalada de hojas pequeñas con peras o manzanas hará que todos se enamoren de la espinaca.
5. **Cebollas:** La maravillosa familia de las cebollas (cebolletas, escalonias, puerros y ajos) ofrece unos poderosos antioxidantes entre sus nutrientes.
6. **Guisantes/chícharos:** Frescos, congelados o enlatados, éstos son buenos para el paladar y populares con los niños pequeños.
7. **Remolachas:** Si nunca le han gustado las remolachas, pruébelos de una manera nueva – a la parrilla o al horno o ligeramente al vapor en el microondas.
8. **Camotes y batatas dulces:** Cambie el color de la papa al horno de siempre, obtendrá muchos más nutrientes, junto con un sabor delicioso.
9. **Hongos/champiñones:** Un hongo o dos añade mucho sabor a un guisado, a una sopa o a verduras fritas y también en una ensalada de lechuga.
10. **Lechugas:** Regla general para una ensalada saludable – cuanto más verdes o rojas sean las hojas, más nutrientes tendrán.
11. **Frijoles/judías verdes, amarillas o violetas:** Como sus “primos” los guisantes, los frijoles ofrecen algo de fibra, un poco de proteína y también vitaminas y minerales.
12. **Tomates:** La cocción aumenta la disponibilidad de algunos nutrientes de los tomates; por lo tanto, gócelos en salsas, extractos y enlatados.

National Nutrition Month® - Marzo de 2005: Adaptado por el Programa NC NET de los materiales de “Eat Right Montana”

Focus on Fruits



Focus on Fruits and Vary Your Veggies

12 Delicious, Easy Ways to Enjoy Fruit

Fruit is a double-sweet treat. It's a delicious treat for your taste buds and a nutrition treat for your whole body. Below are a dozen easy ways to treat yourself to good health and great taste!

1. **Berries, berries, berries:** Canned blueberries in muffins, dried cranberries in a salad, or fresh, juicy strawberries for dessert.
2. **Citrus fruit:** Oranges, pink and white grapefruit, tangerines, tangelos, clementines, lemons and limes.
3. **Melons and more melons:** Slices of watermelon, cantaloupe, honeydew or Crenshaw – in a fruit cup or for a sweet snack.
4. **Bananas:** Bananas, nature's fast food, come in their own wrapper – convenient to take in the car or eat at your desk.
5. **Kiwifruit:** Slice kiwifruit into a mixed fruit or fresh spinach salad or just scoop them out of their thin, brown peel.
6. **Pineapple:** One of the most versatile fruits, pineapple is perfect fresh, canned, dried, as juice or on a pizza!
7. **Tropical fruit:** Fresh produce departments and canned food aisles now serve up mangos, papaya and star fruit.
8. **Apples and pears:** A fresh, crisp snack, a juicy addition to green salad, and in a tasty pie, tart or cobbler for dessert.
9. **Summer tree fruit:** Nectarines, peaches and apricots are fabulous when fresh and still quite tasty when canned in their own juice.
10. **Plums and prunes:** Fresh plums are another juicy taste of summer. Dried or made into juice, prunes are very nice for regularity!
11. **Cherries and grapes:** Fresh or dried, cherries and grapes make a great snack or addition to salads (mixed fruit or tossed green).
12. **Trendy tomatoes:** Tomatoes are a fruit and now they come in sweet, fruit-shaped cherry, grape and strawberry varieties.

National Nutrition Month® - March 2005: Adapted by the NC NET Program from Eat Right Montana materials gust 2007

Piense en frutas

Piense en las frutas y varíe las verduras

12 maneras fáciles y deliciosas para gozar de las frutas

Las frutas son doblemente buenas – un manjar delicioso para su paladar y un gusto nutritivo para el cuerpo entero. Aquí ofrecemos 12 maneras de darse el gusto de la buena salud y del gran sabor.

1. ***Berries*, *berries* y más *berries*:** Frutas silvestres como los arándanos azules en panes dulces, arándanos rojos secos en ensaladas o fresas frescas y jugosas como postre.
2. **Frutas cítricas:** Naranjas, toronjas rosada y blanca, mandarinas, tangelos, clementinas, limones y limas.
3. **Melones y más melones:** Rodajas de sandía, melón cantalupo o verde o Crenshaw – en una taza o como un refrigerio dulce.
4. **Bananas:** Bananas, la comida rápida natural, viene con su propia envoltura – conveniente en el carro o para comer en el escritorio.
5. **Fruta kiwi:** Agregue frutas kiwi a una ensalada de frutas o de espinacas o sencillamente saque la pulpa de la piel marrón.
6. **Piña:** Una de las frutas más versátiles ¡la piña es perfecta fresca, enlatada, seca, como jugo o sobre la pizza!
7. **Fruta tropical:** Ya sea como fruta fresca o enlatada, se consiguen mangos, papayas y carambolas.
8. **Manzanas y peras:** Una comida rápida fresca y crujiente, una jugosa adición a una ensalada verde, en una tarta u otro pastel dulce.
9. **Frutas de verano:** Nectarinas, duraznos/melocotones y albaricoques/chabacanos son fabulosos frescos y enlatados en sus propios jugos.
10. **Ciruelas y ciruelas pasa:** Ciruelas frescas son otro deleite del verano. Secas o en jugo ¡ayudan con la regularidad!
11. **Cerezas y uvas:** Frescas o secas, cerezas y uvas se pueden comer solas o agregarlas a ensaladas (de frutas mixtas o lechugas verdes).
12. **Tomates:** Los tomates son una fruta y hoy en día vienen en muchas variedades y de muchos colores: en forma de cereza o uva o fresa.

National Nutrition Month® - Marzo de 2005: Adaptado por el Programa NC NET de los materiales de "Eat Right Montana"

Smart Shopping for Fruits and Veggies

Focus on Fruits and Vary Your Veggies

Fruits and vegetables might seem expensive at first glance. However, you might be surprised to know that many fruits and veggies do not cost that much when you think about two things. First, the price per pound is often low compared to less healthy items. Second, the number of meals and snacks you can get out of that pound might amaze you. Below are some tips on how to buy a variety of high-quality fruits and veggies without breaking the bank!

Buy in Season

- Seasonal fruits and veggies are cheaper. They also taste great!
- Farmers' Markets have produce that is always in season. Often, you can taste the product before buying it. Make it an adventure for the entire family. Support local farms! To find one in your area, go to http://www.ams.usda.gov/farmersmarkets/States/NorthCarolina.htm. Or, you can call (919) 733-7887 to speak with your State Farmers' Market Representative.

Buy on Sale

- Clip or print on-line store coupons for your favorite fruits, veggies and juices.
- Watch local grocery advertisements for reduced prices.
- Tour the produce aisle. Look for good buys, which are often highlighted.
- Compare prices of different brands of canned and frozen fruits, veggies and juices. Buy the cheapest.

Buy in Cans or Frozen

- If you don't shop often, you can buy both fresh and processed fruits and veggies. Use the fresh first and save the canned and frozen items for later. This will help avoid the cost of throwing away spoiled produce.
- To reduce calories and salt, wash away syrup from canned fruit and sodium from canned veggies. Simply rinse them under cold water for a minute or two. Or, look for canned fruit packed in its own juice and low-sodium canned veggies.
- Usually, frozen veggies and fruits do not have the sodium or syrup that canned ones have. Avoid those with sauces or other high-calorie, high-fat and high-sodium additions.

FOOD FOR THOUGHT

Let's say you are shopping for apricots…

- 1 pound canned apricots = 4 servings
- 1 pound fresh apricots = 6 servings
- 1 pound dried apricots = 11 servings!

At a glance, dried apricots might seem more expensive because the other varieties cost a dollar or so less. The dried apricots, however, are actually the best way to stretch your dollar.

Buy and Keep Ready-to-eat

- Buy both ripe and not-so-ripe fresh fruits and veggies (for example, yellow and green bananas). The not-so-ripe items will last a few days longer. Eat them after you've finished the ripe ones.
- Keep your fresh fruits and veggies where you can see them often. Try storing them on the top shelf of the refrigerator. Or, for fruits that don't need refrigeration, place them on the table or counter. The more often you see them, the more likely you may be to eat them and not let them spoil.

Buy When You Are On-the-Go

Vending Machines

Single fruits and veggies make for a quick snack that is usually easier on your wallet than buying high-calorie, high-fat vending machine snacks. You could save a lot by stopping by the grocery store for an apple or a small bag of carrots, for example. Check out the following cost comparisons:

Apple = $0.50	**Cookie = $2.00**
Orange juice = $1.25	**Soda = $1.50**
Carrots = $0.75	**Chips = $1.25**
Banana = $ 0.30	**Candy bar = $1.00**

Fast Food

Adding healthy items to the menu is what's hot in the fast food industry. Today, you can purchase fruit and yogurt parfaits, fruit bags, applesauce, garden salads, coleslaw and 100% juices in some popular fast-food restaurants. These healthy selections can be found for the same price as less healthy items such as French fries and sodas. If we demand it, the fast-food industry will continue to make more healthy fast foods available!

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Compre frutas y verduras económicamente

Piense en las frutas y varíe las verduras

A primera vista, quizás parezca que las frutas y verduras son caras. No obstante, quizás se sorprenda que muchas frutas y verduras no cuestan tanto cuando se piensa en dos cosas. Primero, el precio por libra es generalmente barato comparado con productos menos saludables. Segundo, es realmente sorprendente la cantidad de comidas o refrigerios que se pueden sacar de sólo una libra. A continuación verá algunos consejos sobre cómo comprar una variedad de frutas y verduras de alta calidad ¡sin declararse en bancarrota!

Compre lo que está de temporada

- Frutas y verduras de temporada son más baratas. ¡Además tienen más sabor!
- Los mercados de agricultores siempre tienen productos de temporada. Muchas veces, la dejarán probar un poco antes de comprar. Hágalo todo una aventura para la familia entera. ¡Apoye a sus huertas locales! Para encontrar una en su zona, diríjase a http://www.ams.usda.gov/farmersmarkets/States/North Carolina.htm. O, puede llamar al (919) 733-7887 (sólo en inglés) para hablar con el representante estatal de los mercados de agricultores.

Compre lo que está en liquidación

- Recorte o imprima los cupones expedidos en línea por las tiendas para sus frutas, verduras y jugos favoritos.
- Fíjese en los avisos de liquidaciones de las tiendas locales.
- Dé una vuelta por las secciones de frutas y verduras del supermercado. Fíjese cuáles están en liquidación, muchas veces tienen letreritos especiales.
- Compare los precios de diferentes marcas de frutas, verduras y jugos tanto enlatados como congelados. Compre los más baratos.

Compre frutas y verduras enlatadas o congeladas

- Si no compra a menudo, puede comprar productos frescos y procesados. Use los frescos primero y guarde los enlatados o congelados para más adelante. Así no tiene que botar productos frescos que se han echado a perder.
- Para reducir las calorías y la sal, elimine el jarabe de la fruta enlatada y el sodio de las verduras enlatadas lavándolas bien. Enjuáguelas bajo agua fría un minuto o dos. O busque frutas enlatadas en sus propios jugos y verduras enlatadas con poca sal.
- Generalmente, las verduras y frutas congeladas no tienen el sodio o el jarabe de las enlatadas. Evite aquellas que vienen con salsas o que son ricas en calorías y sodio o ricas en grasa.

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

REFLEXIONE ...

Digamos que está comprando albaricoques/ chabacanos…

1 libra, enlatados = 4 porciones

1 libra, frescos = 6 porciones

1 libra, desecados = 11 porciones

A simple vista los albaricoques desecados parecen ser más caros porque otras variedades cuestan aproximadamente un dólar menos. Sin embargo, el producto seco es la mejor manera de estirar su dinero.

Compre y guarde productos listos para comer

- Compre frutas y verduras frescas maduras y no tan maduras (p.ej., bananas amarillas y verdes). Las no tan maduras durarán unos días más. Cómalas después de terminar las bananas maduras.
- Guarde sus frutas y verduras frescas donde las pueda ver fácilmente. Colóquelas en la repisa superior del refrigerador. O para frutas que no necesitan refrigeración, colóquelas en la encimera o en la mesa. Cuanto más las ve, más ganas tendrá de comerlas y así no se echarán a perder.

Cómprelas cuando anda a las carreras

Máquinas de ventas

Una fruta o verdura es un buen refrigerio que generalmente es más económica que los productos ricos en calorías y grasa de las máquinas de ventas de comidas. Usted puede ahorrar bastante si para en una tienda a comprar una manzana o una pequeña bolsa de zanahorias. Haga las siguientes comparaciones:

Manzana = $0.50	**Galletitas = $2.00**
Jugo de naranja = $1.25	**Bebida gaseosa = $1.50**
Zanahorias = $0.75	**Papitas fritas = $1.25**
Bananas = $ 0.30	**Barra de chocolate = $1.00**

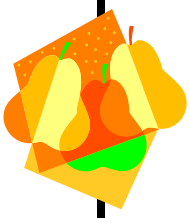
Comidas rápidas

Lo último de la industria de las comidas rápidas es añadir comidas saludables al menú. Hoy en día puede comprar frutas y un parfait de yogur, bolsas de frutas, puré de manzanas, ensaladas de gran variedad y jugos 100% de frutas en algunos restaurantes populares de comidas rápidas. Estas selecciones saludables se encuentran al mismo precio que las menos saludables, por ejemplo, papas fritas a la francesa y bebidas gaseosas. Si le insistimos, la industria de las comidas rápidas continuará poniendo a nuestro alcance comidas rápidas más saludables.

Fuentes:
1. U.S. FDA. Kurtzweil, Paula. Fruits and Vegetables: Eating Your Way to 5 A Day at http://www.pueblo.gsa.gov/cic_text/food/eating5-aday/297_five.html. Accessed May 2, 2006.
2. American Heart Association's Virtual Snack Machine at http://www.americanheart.org/presenter.jhtml?identifier=3025842. Accessed May 2, 2006.

Buy It Fresh, Keep It Fresh

Focus on Fruits and Vary Your Veggies



At the Store: Buying Tips

Apples:
Choose firm apples with smooth clean skin, bright Colors, and no bruises or soft spots.

Bananas:
Look for bananas that are not under-ripe or over-ripe. 50% green and 50% yellow is just right.

Broccoli:
Florets should be compact dark green or purple-green in color, with tender, moist stems.

Cantaloupe:
Buy melons that are well-rounded with a small "scar" at stem end. Seeds should rattle slightly.

Tomatoes:
Pick tomatoes that have a bright color, firm flesh, shiny skin, and feel heavy in relation to their size.

Peppers:
Buy brightly colored peppers with firm, thick walls. Avoid shriveled or pitted skin.

Pears:
Look for firm, smooth fruit without soft spots or bruising.

At Home: Care and Storage

Apples:
Can be stored for up to 4 weeks in the refrigerator. At room temperature, they will ripen 10 times as fast.

Bananas:
Ideal "holding" temperature is about 58° F. They ripen more quickly at higher temperatures.

Broccoli:
Best if used within 10-14 days of purchase. For best results, store in coldest part of the refrigerator.

Cantaloupe:
Handle carefully to avoid bruising, cracking, or puncturing. Store at 45-50° F for best results.

Tomatoes:
Leave in a warm, dry place with no direct sun. Handle with care. They ripen best at room temperature.

Peppers:
If stored in the vegetable bin of the refrigerator, they will last for 8-10 days.

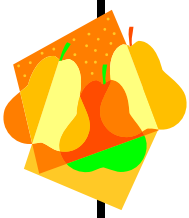
Pears:
Allow to ripen at room temperature until they smell sweet and yield to gentle pressure with a finger.

Source: NC Division of Public Health
Nutrition Services Branch, 2004

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

Cómprelas frescas y manténgalas frescas

Piense en las frutas y varíe las verduras



En la tienda: Cómo comprar

Manzanas:
Seleccione manzanas firmes con pieles lisas y limpias, de colores brillantes y sin manchas ni moretones.

Bananas/plátanos:
Seleccione bananas ni muy maduras ni muy verdes. Lo ideal es 50% verdes y 50% amarillas.

Bróculi:
Las cabezuelas deben ser compactas, de color verde oscuro o verde violáceo, con tallos húmedos y tiernos.

Melón cantalupo:
Compre melones bien redondos con una pequeña “cicatriz” en el extremo del tallo. Las semillas deben hacer un poquito de ruido.

Tomates:
Seleccione tomates de color brillante, con pulpa firme, piel brillosa y los que son pesados en relación a su tamaño.

Pimientos/chiles:
Compre chiles de color brillante, con paredes firmes y gruesas. Evite los que tienen piel arrugada o picada.

Peras:
Seleccione fruta firme con piel lisa, sin manchas ni moretones.

En la casa: Cuidado y almacenamiento

Manzanas:
Se pueden guardar en el refrigerador hasta por 4 semanas. A temperatura ambiente, madurarán muchísimo más rápido.

Bananas/plátanos:
La temperatura ideal para guardarlas es de unos 58° F (14° C). A temperaturas más altas, maduran más rápido.

Bróculi:
Mejor si se usa dentro de 10 a 14 días de comprar. Para mejores resultados, guarde en la parte más fría del refrigerador.

Melón cantalupo:
Trate con cuidado para que no se abolle, agriete o agujere. Guarde a 45-50° F (7° a 10° C) para los mejores resultados.

Tomates:
Déjelos en un lugar seco y cálido sin luz solar directa. Trate con cuidado. Maduran mejor a temperatura ambiente.

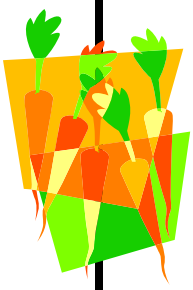
Pimientos/chiles:
Durarán de 8 a 10 días, si se guardan en la gaveta de verduras del refrigerador.

Peras:
Deje madurar a temperatura ambiente hasta que tienen aroma y ceden a la leve presión del dedo.

Fuente: División de Salud Pública de Carolina del Norte, Rama de Servicios de Nutrición, 2004.

Easy Ways to Fix Fruits and Veggies

Focus on Fruits and Vary Your Veggies



"I know they are healthy, but they just take too long to fix." Ever had this thought about fruits and vegetables? Below are some tips to make it easier!

Smart Shopping

- Shop for pre-cut and cleaned fruits and veggies. Look for melons, pineapple, mushrooms, and baby carrots. Try cleaned and cut-up salad greens and stir-fry veggies.
- Take advantage of grocery store salad bars, which offer ready-to-eat raw veggies and fruits. Try prepared salads made with fruits and veggies.
- Stock up on frozen veggies for easy cooking in the microwave oven.
- Buy canned and frozen fruit, canned and bottled juices, and dried fruits. Just open and use.

Plan Ahead

- Fix fruits and veggies ahead of time. Wash and cut up fresh produce and store it in the refrigerator for handy, instant use. The easier the access, the more likely children are to eat them.
- Have your child help prepare. Depending on your child's age, he or she can ball melons, sprinkle raisins or blueberries on cereal or yogurt, and grate carrots. Children get excited about being involved!

Quick Cooking

- Microwaving is a fast way to cook almost any veggie. Use precut fresh, frozen or canned veggies. Place a few tablespoons of water in the bottom of a ceramic dish, cover and heat.
- Steaming is another speedy way to cook veggies. Simply clean, cut and put veggies over a couple inches of boiling water. You can find steamers at most grocery stores for a few dollars.
- Stir-frying veggies is a snap. Use precut fresh or frozen veggies. Add a small amount of a healthy oil such as canola or olive oil if you like.
- Serve many fruits and veggies raw. What could be quicker? Children often prefer the crunch of raw veggies.

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

What about pesticides?

The benefits of eating fresh produce are far greater than risk from pesticides. Here are some steps you can take to reduce your risk: 1) Wash fruits and veggies with water. Scrub with a dish brush any produce for which the outer skin or peeling is eaten. 2) Throw away the outer leaves of leafy veggies. 3) Peel and cook when appropriate.

Fresh Strategies

Breakfast and Baked Goods

- Add sliced fruit or berries to your breakfast cereal.
- Use applesauce, bananas, prunes or peaches in place of about half of the fat in your homemade breads, muffins, pancakes and other baked foods.

Lunch and Dinner

- Use fresh or frozen veggies in your soups, stews and rice dishes.
- Add chopped, fresh veggies such as broccoli and red peppers to homemade or store-bought pizza.
- Buy large bags of frozen mixed veggies and use them to make an easy stir-fry dinner.
- Place slices of tomato inside grilled cheese sandwiches or quesadillas.
- Add chopped carrots or zucchini to homemade or store-bought spaghetti sauce.
- Add diced apples, raisins or pineapple chunks to chicken, tuna or pasta salad.
- Decorate baked potatoes with veggie toppings such as broccoli florets, cauliflower, asparagus, or red or green peppers.
- Make a fruit pizza. Spread low-fat cream cheese onto a baked pizza crust. Add pineapple chunks with green pepper slices for a Hawaiian touch. Make a tropical pizza using kiwi slices, bananas, pineapple and mandarin oranges.

Desserts

- Make a 1-minute banana split. Cut a banana lengthwise and place into a dish. Fill with a scoop of low-fat vanilla or lemon frozen yogurt. Top with frozen strawberries and canned crushed pineapple.
- Apples baked with brown sugar and cinnamon are a great way to end a meal.
- Dip chunks of fruit into low-fat yogurt or chocolate pudding.
- Spice things up by trying more exotic fruits such as mangoes, lychees and papayas.

Snacks

- Set a bowl of apples on the table. Place a bag of ready-to-eat baby carrots in the refrigerator for easy munching.
- Make a quick smoothie using frozen fruit. Just add low-fat yogurt, milk or both.
- Make “Ants on a Log” using celery sticks spread with peanut butter or low-fat cream cheese. Top with raisins.
- Create melon balls using a melon baller or small spoon. Top with low-fat yogurt.
- Make fruit kabobs by threading kiwi, melon balls and apple slices onto a skewer.
- Make trail mix with unsweetened cereal, pretzels, and dried fruit such as raisins, cranberries and apricots.
- Add a side of tasty dip or dressing to raw fruits or veggies. Try lite sour cream or low-fat ranch dressing, cottage cheese or yogurt.
- Plan to bring fruits like bananas or oranges for a quick snack on-the-go.

Adapted from materials from Texas 5 A Day Week materials, the NC Nutrition Education and Training Program, the NC Division of Public Health -Nutrition Services Branch, the Westchester County Department of Public Health, UW-Extension, and the U.S. Food & Drug Administration.

Preparación fácil de frutas y verduras

Piense en las frutas y varíe las verduras

"Sé que son sanas, pero la preparación tarda tanto." ¿Ha pensado así de las frutas y verduras? A continuación ofrecemos unas ideas para que le sea más fácil.

Compre lo que le ayuda

- Compre frutas y verduras ya cortadas y limpias. Seleccione melones, piñas, hongos y minizanahorias. Pruebe lechugas ya lavadas y cortadas, así como verduras preparadas para freír.
- Aproveche el "buffet de ensaladas" de los supermercados que ofrecen frutas y verduras crudas listas para comer.
- Compre verduras congeladas para la fácil preparación en el microondas.
- Compre fruta enlatada y congelada, jugos enlatados y en botella y frutas secas. Así sólo tiene que abrirlas y nada más.

Haga planes con anticipación

- Prepare frutas y verduras con anticipación. Lávelas, córtelas y guárdelas en el refrigerador para uso inmediato. Si les facilita el acceso a sus hijos, ellos comerán más frutas y verduras.
- Pida a sus hijos que le ayuden. Dependiendo de la edad, pueden cortar bolas de melón, colocar pasas de uva o arándanos azules en los cereales o en el yogur o rallar zanahorias. ¡Entusiasme a sus hijos para que participen en la preparación!

Cocción rápida

- El microondas es la manera más rápida de cocinar casi toda verdura. Use verduras ya cortadas, frescas, congeladas o enlatadas. Póngale unas pocas cucharadas de agua en el fondo de un recipiente de cerámica, cúbralo y caliente.
- Otra manera rápida de cocinar verduras es al vapor. Limpie, corte y ponga las verduras en unos centímetros de agua hirviendo. Encontrará vaporeras en muchos supermercados por unos pocos dólares.
- Es rapidísimo freír verduras revolviéndolas. Use verduras frescas, congeladas y ya cortadas. Añada una pequeña cantidad de un aceite sano, como aceite de canola o de oliva, si desea.
- Sirva muchas frutas y verduras crudas. ¡Más rápido imposible! Niños casi siempre prefieren el crujido de las verduras crudas.

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

¿Existen riesgos debido a pesticidas?

Los beneficios de comer frutas y verduras frescas mucho superan el riesgo de un pesticida. He aquí unas medidas que puede tomar para reducir el riesgo: 1) Lave frutas y verduras con agua. Frote con un cepillo toda fruta o verdura que se come con la piel o cáscara. 2) Descarte las hojas exteriores de las verduras de hoja. 3) Pele y cocine cuando sea apropiado.

Estrategias para la frescura de las frutas y verduras

Desayuno y productos horneados

- Añada rebanadas de frutas o bayas a los cereales del desayuno.
- Use puré de manzanas, bananas, ciruelas pasa o duraznos/melocotones en vez de la mitad de la grasa en los panes, panqueques/hotcakes y demás productos horneados que usted cocina.

Almuerzo y cena

- Use verduras frescas o congeladas en las sopas, guisados y platos de arroz que usted prepara.
- Añada verduras frescas picadas, como bróculi y pimientos/chiles a las pizzas hechas en casa o compradas.
- Compre bolsas grandes de verduras mixtas congeladas y úselas para freír verduras para la cena.
- Agregue rodajas de tomate a los sandwiches calientes de queso o en quesadillas.
- Añada zanahorias o calabacines picados a una salsa de tomates para espaguetis, casero o comprado.
- Añada manzanas picadas, pasas de uva o trozos de piña a ensaladas de pollo, atún o pasta.
- Decore las papas al horno con aderezos de verduras, como cabezuelas de bróculi o coliflor, trozos de espárragos o pimientos/chiles rojos y verdes.
- Prepare una pizza con frutas. Ponga queso cremoso de poca grasa sobre la masa ya cocida de una pizza. Añada trozos de piña con pimientos verdes para un toque hawaiano. Prepare una pizza tropical con rodajas de frutas kiwi y bananas, mandarinas y trozos de piña.

Postres

- Corte una banana a lo largo y colóquela en un tazón. Llene con yogur congelado de poca grasa de vainilla o de limón. Y encima, colóquele fresas congeladas y trocitos de piña enlatada.
- Manzanas al horno con azúcar moreno y canela dan un toque final maravilloso a una comida.
- Unte trozos de fruta con yogur de poca grasa o en un pudín de chocolate.
- Pruebe frutas más exóticas como mangos, papayas o lichí.

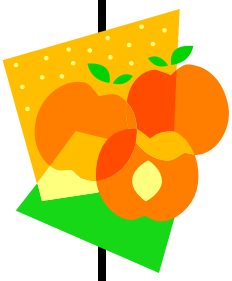
Refrigerios

- Coloque una fuente con manzanas en la mesa. Coloque una bolsa de minizanahorias listas para comer en el refrigerador.
- Haga un licuado natural rápido con frutas congeladas. Añada yogur de poca grasa, leche o ambos.
- Coloque mantequilla de maní/cacahuates o queso cremoso de poca grasa dentro de tallos de apio. Encima, colóquele pasas de uva – los niños le dicen “hormigas en un tronco”.
- Con un cortador o cucharita corte bolas de melón. Encima, colóquele yogur de poca grasa.
- Prepare frutas en brochetas/pinchos. Use frutas kiwi, melón y manzanas en trozos.
- Prepara una mezcla seca de cereales sin azúcar, pretzels y frutas secas como pasas de uva, arándanos rojos y damascos/albaricoques.
- Prepare un aderezo o una salsa sabrosa para las frutas o verduras crudas. Pruebe crema agria o aderezo “Ranch” o yogur o queso cremoso, todos de poca grasa.
- Lleve bananas o naranjas para un refrigerio rápido cuando anda fuera de la casa.

Adaptado de materiales de “*Texas 5 a day week*”, el Programa de Carolina del Norte de educación y capacitación sobre la nutrición, la División de Salud Pública de Carolina del Norte – Rama de Servicios de Nutrición, el Departamento de Salud Pública del Condado de Westchester, UW-Extension Service y la Administración de Alimentos y Drogas de Estados Unidos (FDA).

Learning about Fruits and Veggies

Focus on Fruits and Vary Your Veggies



Food makes a very tasty teaching tool. As a parent or caregiver, you are your child's most important teacher. You know more about your child than anyone. You know that most children like to learn about new things and talk about the world around them.

You can use fruits and vegetables to help kids learn new skills and ideas about nutrition, health and the world around them. Try these fun ideas for "teachable" moments with your family at home and at the store.

How Foods Help Kids Stay Healthy

- Talk about how fruits and veggies help kids grow and be healthy. An apple a day can really help keep the doctor away.
- Talk about how munching on carrots can help you see in the dark.

Compare and Classify

- Compare the size, color, feel, smell or taste of one fruit to another – like apples and oranges.
- Talk about the size of fruits and veggies – from gigantic pumpkins, to medium-sized pears, to tiny little blueberries.

Alike and Different

- Check out all the ways that oranges, grapefruit, lemons and limes are alike and all the ways that they are different.
- Discuss the different ways the same fruit can be eaten. For example, apple slices, apple juice, applesauce, dried apples and apple pie.

Colors and Shapes

- Point out fruits and veggies that can be red (like potatoes, tomatoes and grapes) or green (like peas, lettuce and cabbage).
- Look for round items (like grapes, melons and kiwis) or tall skinny ones (like carrots, celery and asparagus).

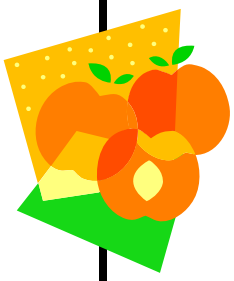
Numbers and Counting

- Count the number of apples put into a bag at the store or count the number of peas in a pod.
- Count how many baby carrots eaten like a bunny or how many banana slices eaten like a monkey.

Source: NC Division of Public Health
Nutrition Services Branch, 2004 7

Aprenda sobre frutas y verduras

Piense en frutas y varíe las verduras



Los alimentos son un delicioso método de enseñanza. Como padre/madre o persona que cuida a niños, usted es la maestra más importante que tienen. Usted sabe más sobre sus niños que cualquier otra persona. Usted sabe que a casi todos los niños les encanta aprender cosas nuevas y hablar del mundo que los rodea.

Usted puede usar frutas y verduras para que los niños aprendan pericias nuevas e ideas sobre la nutrición, la salud y el mundo que los rodea. Pruebe una de estas ideas en su hogar o en la tienda para proporcionarles unos “momentos de enseñanza”.

Lo saludable que son los alimentos

- Explique como las frutas y verduras hacen crecer a los niños y ayudan a que sigan sanos. El refrán de a diario una manzana es cosa sana ¡sí es verdad!
- Explique como el comer zanahorias ayuda la vista en la oscuridad.

Compare y clasifique

- Compare el tamaño, color, sensación, olor y gusto de una fruta con otra – p.ej., manzanas y naranjas.
- Hable del tamaño de frutas y verduras – las gigantescas calabazas, las peras medianas y los pequeños arándanos azules.

Semejanzas y diferencias

- Indique todas las maneras en que las naranjas, toronjas, limones y limas son semejantes y todas las maneras en que son diferentes.
- Hable de las diferentes maneras en que se puede preparar una sola fruta. Por ejemplo, tajadas de manzana, jugo de manzanas, puré de manzanas, manzanas deshidratadas, manzana al horno y un pai o pastel de manzanas.

Colores y formas

- Indique frutas y verduras que son rojas (papas, tomates y uvas) o verdes (guisantes, lechuga y col).
- Busque las que son redondas (uvas, melones y fruta kiwi) o largas y delgadas (zanahorias, apio y espárragos)

Números y el contar

- Cuente el número de manzanas en una bolsa en la tienda o cuente el número de guisantes/chícharos en una vaina.
- Cuente el número de minizanahorias que se comen como un conejito o las rodajas de banana se comen como un monito.

Fuente: División de Salud Pública de Carolina del Norte, Oficina de Servicios de Nutrición, 2004

Fruit and Veggies On-the-Go

Focus on Fruits and Vary Your Veggies

For your on-the-go lifestyle, fruits and veggies are not only convenient, they're great tasting and good for you!

No Mess

Most fruits and vegetables are the perfect commuting foods because they create little or no garbage. For example, try 100% juice boxes or bottles instead of soda, sweet tea or coffee; pack a snack of seedless grapes; or bring along apple slices for the road.

Ready to Go

Wash vegetables and fruits as soon as you get them home from the store and place them where you can see them — like in a bowl on the counter or in plastic containers in the refrigerator. Grab a few on your way out in the morning. There's no need for utensils!

Travel Friendly

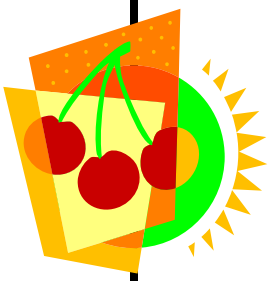
For a quick snack and energy boost, keep assorted dried fruits in your desk, glove compartment, briefcase, travel bag or backpack. Dried fruits are lightweight and keep their quality for longer periods of time, making them great travel foods.

Nature's Original Fast Food

The possibilities are endless! Give these a try…

Baby carrots	Apple slices
Celery sticks	Boxed raisins
Dried apricots	Cherry tomatoes
Broccoli florets	Cucumber slices
Seedless grapes	Packaged 100% juice

Frutas y verduras a las carreras



Piense en las frutas y varíe las verduras

Para un estilo de vida a las carreras, las frutas y verduras son convenientes y de buen sabor ¡y además son buenos para la salud!

Sin desechos

Casi todas las frutas y verduras son perfectas para comer a las carreras porque casi no crean desechos. Por ejemplo, use cajas o botellas de jugos 100% de fruta en vez de bebidas gaseosas, té o café; lleve uvas sin semillas o rebanadas de manzana para cuando anda dando vueltas.

Listas y preparadas

Lave frutas y verduras en cuanto las traiga de la tienda a la casa y colóquelas donde las puede ver – en la encimera o en recipientes de plástico en el refrigerador. Llévese algunas cuando salga en la mañana. ¡No necesitará cubiertos!

Viaje cómodo

Para un rápido refuerzo de energía, guarde varias frutas secas en su escritorio, automóvil, portafolio, mochila o equipaje. Frutas secas son livianas y mantienen su calidad por mucho tiempo, lo cual las hacen alimentos excelentes para viajar.

La comida rápida original de la Naturaleza

¡Hay un sinfín de posibilidades! Pruebe éstos …

Minizanahorias	Rebanadas de manzana
Tallos de apio	Pasas de uva en cajetillas
Albaricoques secos	Tomates cereza
Cabezuelas de bróculi	Rodajas de pepino
Uvas sin semillas	Jugos 100% de fruta, en cajas

How to use fruits and vegetables to help manage your weight.

Department of Health and Human Services
Centers for Disease Control and Prevention

Fruits and vegetables are part of a well-balanced and healthy eating plan.

There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. Helping control your weight is not the only benefit of eating more fruits and vegetables. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

To lose weight, you must eat fewer calories than your body uses.

There are many reasons why people eat more food than they need. Sometimes people eat to make themselves feel good. Others may eat because they are tired and want a "boost." This pamphlet does not cover these reasons for eating. We will give you tips for eating to satisfy basic hunger until you feel full and do not feel hungry.

This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling.

As people become less active, their bodies need fewer calories. Even if you do not need to lose weight, you may still need to reduce calories simply to maintain your current weight.

Here are some simple ways to cut calories and eat fruits and vegetables throughout your day:

Breakfast: Start the Day Right.

- Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

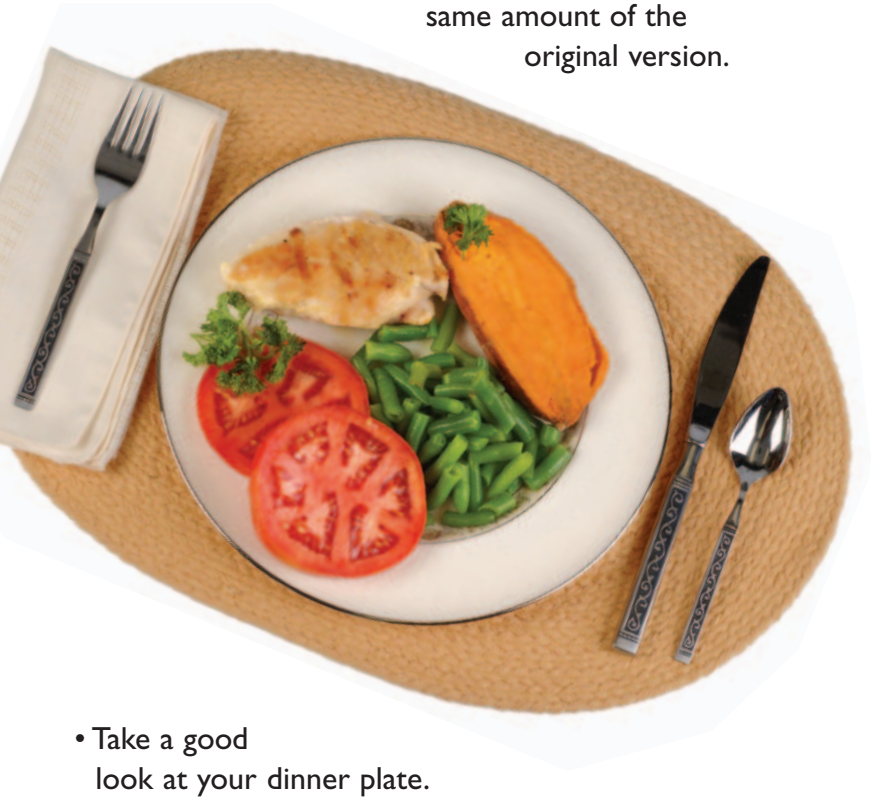
Lighten Up Your Lunch.

- Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito.

  The new version will fill you up with fewer calories than the original.
- Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers, in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you won't miss those extra calories.

Dinner

- Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying but have fewer calories than the same amount of the original version.



- Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. BUT remember to use a normal- or small-size plate—not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.

Smart Snacks

Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.

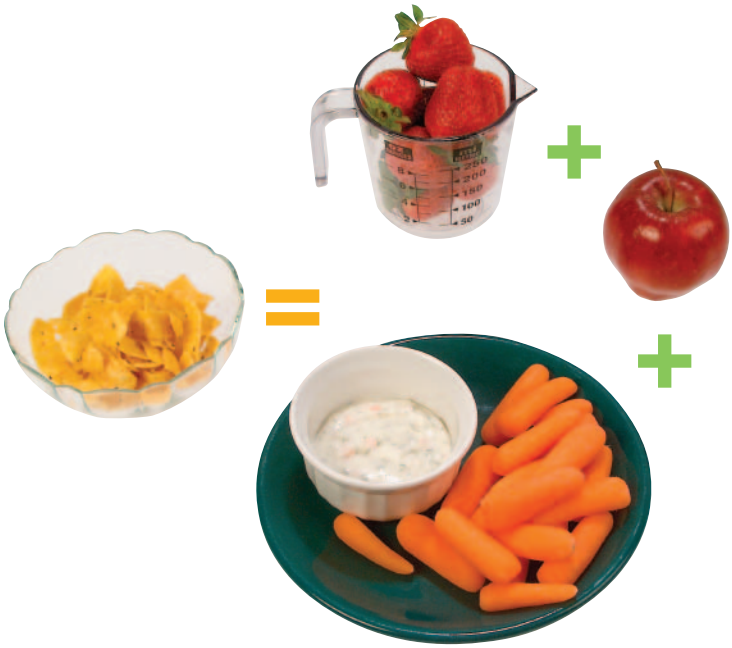
About 100 Calories or Less

- a medium-size apple (72 calories)
- a medium-size banana (105 calories)
- 1 cup steamed green beans (44 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories), broccoli (30 calories), or bell peppers (30 calories) with 2 tbsp. hummus (46 calories)

The fruits and vegetables in the box above all have about 100 or fewer calories.

Instead of a high-calorie snack from a vending machine, bring some cut-up vegetables or fruit from home. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries, AND 1 cup of carrots with 1/4 cup of low-calorie dip.

Substitute one or two of these options for the chips, and you will have a satisfying snack with fewer calories.



Remember: Substitution is the key.

It's true that fruits and vegetables are lower in calories than many other foods, but they do contain some calories. If you start eating fruits and vegetables in addition to what you usually eat, you are adding calories and may gain weight. **The key is substitution.** Eat fruits and vegetables *instead* of some other higher-calorie food.

Fruits and Vegetables for Weight Control

Eat fruits and vegetables the way nature provided—or with fat-free or low-fat cooking techniques.

Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.

Canned or frozen fruits and vegetables are good options when fresh produce is not available.

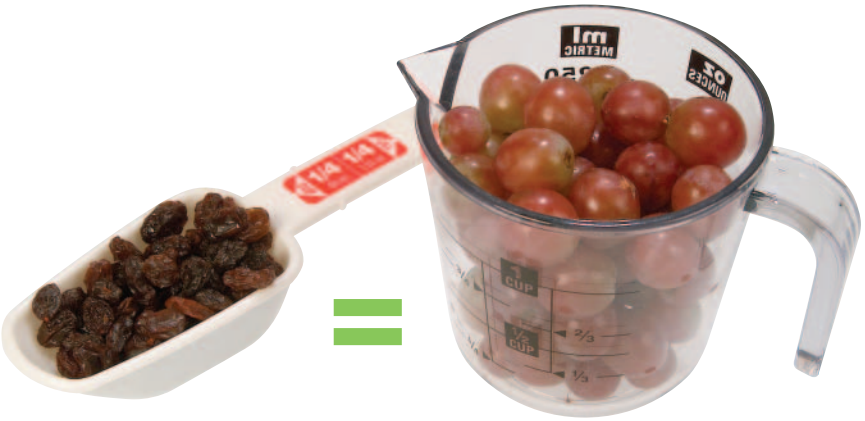
However, be careful to choose those without added sugar, syrup, cream sauces, or other ingredients that will add calories.

Choose whole fruit over fruit drinks and juices.

Fruit juices have lost fiber from the fruit. It is better to eat the whole fruit because it contains the added fiber that helps you feel full. One 6-ounce serving of orange juice has 85 calories, compared to just 65 calories in a medium orange.

Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories.

A small box of raisins (1/4 cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.



Want More Information?

Check out these Web sites for more information about how fruits and vegetables can help you manage your weight:

Centers for Disease Control and Prevention:
www.cdc.gov/5aday

US Department of Agriculture, Center for Nutrition Policy and Practice:
www.usda.gov/cnpp

National Cancer Institute:
www.5aday.gov

Produce for Better Health Foundation:
www.5aday.org

www.healthierus.gov/dietaryguidelines

Focus on Fruits: Apples

How to Buy Apples

- Fresh apples are a “best buy” in fall and winter.
- Choose firm apples with smooth skins and no soft spots or bruises.
- Smaller apples are usually cheaper than and just as delicious as large apples.
- Applesauce and apple juice are “bargains” all year long.

How to Store Apples

- Put fresh apples in plastic bags and keep them in your refrigerator.
- Apples stay crisp in the refrigerator for up to 6 weeks. They ripen and turn soft six times faster at room temperature than when kept cold in the refrigerator.

Quick & Easy Tips

- Dip apples slices in orange juice to keep them from turning brown.
- Use applesauce or cooked apple slices on your pancakes, waffles or french toast instead of syrup.
- Add sliced or shredded apples to chicken salad, tuna salad or coleslaw.
- Dip apples slices in vanilla yogurt.
- Spread apples with peanut butter for an easy snack.
- Remove core of an apple, add a dash of cinnamon and some raisins, bake in microwave oven until tender.

Breakfast Recipe

Almost-instant Apple Oatmeal

1/2 cup diced apples (peeled)
2/3 cup water or apple juice
1/8 tsp. cinnamon
1/3 cup quick cooking oats
1 tbsp. brown sugar (optional)

Stovetop: Stir apples, juice or water and cinnamon together in a small pan bring to a boil. Stir oats and cook one minute. Cover and let stand 2 minutes before serving.
Microwave: Combine all ingredients and cook for 1-2 minutes. Add brown sugar if desired.

Makes 1 serving
165 calories, 2 grams fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Manzanas

Cómo comprar manzanas

- En el otoño e invierno, las manzanas frescas son una “compra económica”.
- Seleccione manzanas firmes con pieles lisas, sin manchas ni moretones.
- Generalmente, las manzanas más pequeñas son más baratas y tan deliciosas como las grandes.
- El puré de manzanas y el jugo de manzanas son “gangas” todo el año.

Cómo almacenar manzanas

- Ponga las manzanas frescas en bolsas de plástico y guárdelas en el refrigerador.
- Se pueden guardar manzanas en el refrigerador hasta por 6 semanas. A temperatura ambiente maduran y se ponen blandas muchísimo más rápido que si están frías en el refrigerador.

Para algo rápido y fácil

- Remoje las rebanadas de manzana en jugo de naranja para que no se oxiden.
- Use puré de manzanas o rebanadas de manzanas cocidas en los panqueques/ hotcakes, waffles o torrijas, en vez de jarabe.
- Añada manzanas ralladas o en trozos a las ensaladas de pollo, de atún o de col.
- Unte rebanadas de manzana con yogur de vainilla.
- Para un refrigerio rápido, combine rebanadas de manzana con mantequilla de cacahuate/maní.
- Quite el corazón de una manzana y en el hueco, coloque una pizca de canela y pasas de uva; cocine al horno hasta que se ablande bien la manzana.

Receta para el desayuno

Avena casi instantánea con manzanas

1/2 taza de manzanas peladas y picadas
2/3 taza agua o jugo de manzanas
1/8 cucharadita de canela
1/3 taza avena de cocción rápida
1 cucharada de azúcar moreno (opcional)

En la estufa: Mezcle manzanas, jugo o agua y canela en una olla pequeña y revuelva hasta que hierve. Añada la avena y cocine un minuto. Tape la olla y deje reposar 2 minutos antes de servir.
Microondas: Combine todos los ingredientes y cocínelos 1 a 2 minutos. Añada el azúcar moreno, si desea.

Porción para 1 persona
165 calorías, 2 gramos de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Bananas

How to Buy Bananas

- Bananas are a “best buy” all year long.
- Look for bananas that are yellow with green tips, full yellow or yellow lightly flecked with brown spots.
- The more yellow the skin of the banana the sweeter it is. Bananas with brown flecks are even sweeter and have a softer texture.

How to Store Bananas

- Bananas should be stored at room temperature and will continue to ripen. If your bananas are too green, put them in a paper bag to ripen faster.
- If your bananas are getting too ripe put them in the freezer. They’ll turn brown and soft when you thaw them out perfect for making banana bread.

Quick & Easy Tips

- Add sliced bananas too hot or cold cereal.
- Mix bananas slices into low-at yogurt.
- Mix bananas on top of peanut butter toast.
- Slice bananas over low-fat frozen yogurt for an easy banana split.

Breakfast Recipe

Banana Smoothie

1 very ripe medium banana
3/4 cup orange juice
1/2 cup low-fat vanilla yogurt

Made without Blender: Break banana into small pieces and put in a bowl. Mash banana pieces with a fork. Add orange juice and yogurt. Mix with a wire whisk or fork until blended. Pour into two glasses.

Made with Blender: Combine ingredients and cover with lid. Blend until smooth and serve.

Makes 2 smoothies
145 calories, 1.5 grams fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Bananas

Cómo comprar bananas/ plátanos

- Bananas/plátanos son una “compra económica” todo el año.
- Seleccione bananas amarillas con puntas verdes, totalmente amarillas o amarillas con puntitos marrones.
- Cuanto más amarilla la piel, tanto más dulce es la fruta. Bananas con puntitos marrones son aún más dulces y son de textura más blanda.

Cómo almacenar bananas

- Almacene las bananas a temperatura ambiente y seguirán madurando. Si las bananas son muy verdes, colóquelas en una bolsa de papel y madurarán más rápido.
- Si maduran muy rápido, colóquelas en el congelador. Se tornarán marrones y blandas, pero al descongelarlas estarán perfectas para un pan de bananas.

Para algo rápido y fácil

- Añada rodajas de banana a cereales calientes o fríos.
- Añada rodajas de banana a yogur de poca grasa.
- Añada bananas a un pan tostado untado con mantequilla de maní/ cacahuates.
- Añada rodajas de banana a yogur congelado de poca grasa.

Receta para el desayuno

Batido natural de bananas/plátanos

1 banana mediana, muy madura
3/4 taza de jugo de naranjas
1/2 taza de yogur de vainilla de poca grasa

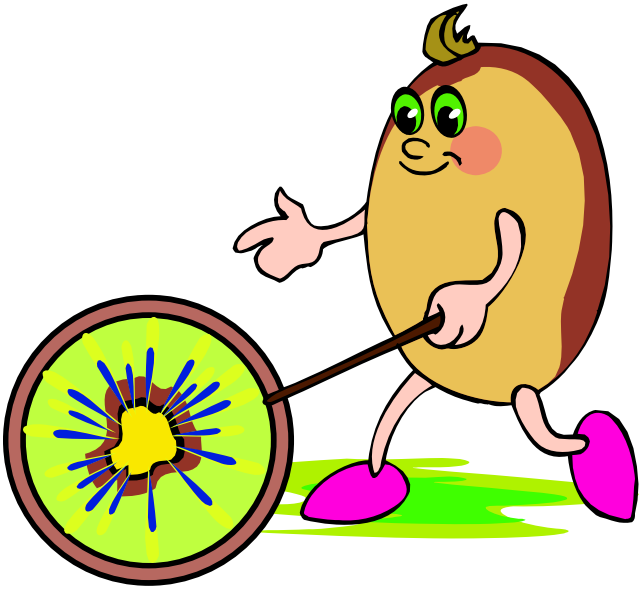
Sin licuadora: Corte la banana en trocitos y póngalos en un tazón. Macháquelos con un tenedor. Añada jugo de naranjas y yogur. Mezcle con un batidor de alambre o tenedor hasta que esté bien mezclado. Vierta en dos vasos.

Con licuadora: Combine los ingredientes y cubra con la tapa. Licúe bien y sirva.

Porción para 2 personas
145 calorías, 1.5 gramos de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Kiwifruit



How to Buy Kiwifruit

- Kiwifruit are a “best buy” all year long.
- Choose kiwifruit that are plump firm and do not have any bruises.
- Smaller kiwifruits taste the same as large one.
- Press the outside of the kiwifruit with your thumb. Kiwifruits that are ready to eat are tender to the touch.

How to Store Kiwifruit

- Keep firm kiwifruit at room temperature for 2-3 days or put them in a paper bag until tender.
- Kiwifruit will keep for several weeks if stored in the refrigerator.

Quick & Easy Tips

- The fuzzy skin can be washed thoroughly and eaten or peeled off.
- One of the easiest ways to eat a kiwifruit is to cut it in half and scoop out the fruit with a spoon.
- Mix chopped kiwifruit into pancake or waffle batter then top with more kiwifruit slices.
- Add kiwifruit to cold cereal.
- Top yogurt with granola and kiwifruit slices.
- Pack kiwifruit for a delicious snack.
- Top a bagel with cream cheese and kiwifruit slices.

Breakfast Recipe

Kiwi Breakfast Split

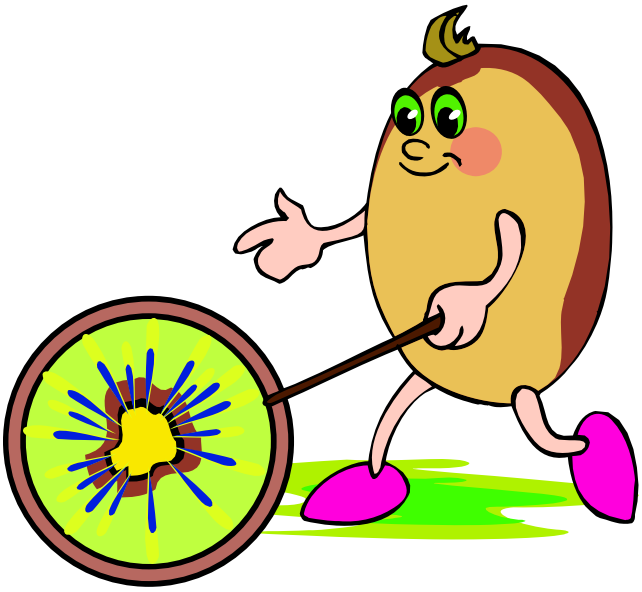
1/2 banana
1/2 cup sliced kiwifruit
1/2 cup low fat vanilla yogurt
1 Tbsp. crunchy granola

Peel and split banana half lengthwise. Place banana in bottom of bowl. Top with yogurt, kiwifruit and granola

Makes 1 split
250 calories, 3.5 grams fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: fruta kiwi



Cómo comprar frutas kiwi

- La fruta kiwi es una “compra económica” todo el año.
- Seleccione fruta kiwi gorda, firme y sin moretones.
- Las frutas kiwi más pequeñas tienen el mismo sabor que las grandes.
- Presione la fruta kiwi un poco con el pulgar. Cuando se sienten tiernas están listas para comer.

Cómo almacenar frutas kiwi

- Guarde las frutas kiwi firmes a temperatura ambiente por 2 ó 3 días o póngalas en una bolsa de papel hasta que estén tiernas.
- Las frutas kiwi durarán varias semanas si las coloca en el refrigerador.

Para algo rápido y fácil

- La piel peluda se puede lavar bien, comer o pelar.
- La manera más fácil de comer la fruta kiwi es cortarla por la mitad y sacar la pulpa con una cuchara.
- Añada fruta kiwi picada a la masa de los panqueques/hotcakes o waffles; luego póngale más rebanadas encima.
- Añada frutas kiwi a los cereales fríos.
- Al yogur, póngale rebanadas de frutas kiwi y granola.
- Cómala como fruta fresca deliciosa.
- Encima de un baguel con queso fresco o cremoso, coloque rebanadas de fruta kiwi.

Receta para el desayuno

Frutas kiwi con banana

1/2 banana
1/2 taza rebanadas de frutas kiwi
1/2 taza yogur de vainilla de poca grasa
1 cucharada granola crujiente

Pele y corte la banana por la mitad a lo largo. Coloque la banana en el fondo de un tazón. Encima póngale el yogur, las frutas kiwi y la granola.

Porción para 1 persona
250 calorías, 3.5 gramos de grasa por porción.

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Oranges

How to Buy Oranges

- Fresh oranges are the best value and quality in the winter.
- Navel oranges are seedless and have a navel or button formation opposite the stem.
- Orange juice is a good buy all year long. Choose unsweetened 100% juice.
- Frozen concentrated juice is usually the best buy.

How to Store Oranges

- Store oranges in the refrigerator so that they last longer.
- Keep frozen concentrated juice in the freezer. Thaw it overnight in the refrigerator for easy mixing in the morning.
- Store canned and bottled juice at room temperature, refrigerate after opening.

Quick & Easy Tips

- Cut an unpeeled orange into wedges for fun and easy snacking.
- Add peeled orange sections to spinach salad and other vegetable salads.
- Mix orange juice and club soda or mineral water for a refreshing drink.
- Dip bananas in orange juice to keep them from turning brown.
- Drink a glass of orange juice with breakfast for a quick serving of fruit.

Breakfast Recipe

On-the-Go Dreamsicle Pops

1 cup low fat vanilla or lemon yogurt
6 ounce can orange juice concentrates
2 1/2 cups skim milk
1 tsp. vanilla

Place all ingredients in a bowl or blender. Mix well with a wire whisk, egg beater, spoon or blender. Pour into small paper cups and add a wooden popsicle stick or plastic spoon for the handle. Freeze until firm.

Makes about 12 pops
43 calories, 0.5 grams fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Naranjas

Cómo comprar naranjas

- En invierno, se consigue la mejor calidad de naranjas frescas y el mejor precio.
- Las naranjas ombligo no tienen semillas y tienen un “ombligo” o botón del lado opuesto al tallo.
- El jugo de naranja tiene buen precio el año entero. Seleccione un jugo 100% de fruta y sin azúcar.
- Jugo concentrado y congelado por lo general, es una compra económica.

Cómo almacenar naranjas

- Guarde las naranjas en el refrigerador para que duren más tiempo.
- Guarde el jugo concentrado y congelado en el congelador. Descongele en el refrigerador durante la noche para mezclarlo fácilmente a la mañana.
- Almacene los jugos enlatados o embotellados a temperatura ambiente; refrigere después de abrirlos.

Para algo rápido y fácil

- Corte una naranja con cáscara en cuñas para un refrigerio fácil.
- Añada gajos de naranja pelada a una ensalada de espinaca y a otras ensaladas de verduras.
- Combine el jugo de naranjas con soda o agua de seltz o con agua mineral para una bebida refrescante.
- Para que las bananas no se pongan marrones, colóquelas brevemente en jugo de naranja.
- Beba un vaso de jugo de naranja con el desayuno como una porción de frutas.

Receta para el desayuno

Palillos para comer a las carreras

1 taza yogurt de vainilla o limón de poca grasa
1 lata de 6 onzas de jugo de naranjas concentrado
2 1/2 tazas de leche descremada
1 cucharadita de vainilla

Coloque todos los ingredientes en un tazón o licuadora. Mezcle bien con un batidor, cuchara; o licúe. Vierta en pequeñas tazas de papel e inserte un palillo o cucharita plástica como mango. Congele bien.

Aproximadamente 12 porciones
43 calorías, 0.5 gramos de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Peaches

How to Buy Peaches

- Peaches are a “best buy” in the summer months.
- Select fresh peaches that are a creamy yellow and have a slight peachy smell. Peaches with a red “blush” may not be any sweeter.
- Don’t worry if the peaches in the grocery store are too hard. Most of them still need to ripen for a couple of days after you get them home.
- Buy canned peaches that are unsweetened or that are packed in juice or light syrup.

How to Store Peaches

- To ripen your peaches at home, store them in a paper bag for 2-3 days until they smell sweet and are slightly tender all over. You can store ripe peaches in the refrigerator for 3-5 days.

Quick & Easy Tips

- Add sliced peaches to hot or cold cereal.
- Top waffles and pancakes with warmed canned peaches.
- Mix peaches into low fat yogurt or cottage cheese and top with granola.
- Make a “peach split” with peaches instead of bananas.

Breakfast Recipe

Peach Muffins

1 1/2 cups white flour
1 cup sugar
3/4 tsp. salt
1/2 tsp. baking soda
2 eggs
1/3 cup apple sauce
2 tbsp. vegetable oil
1/2 tsp. vanilla
16 oz of can peaches drained and chopped

In a large bowl combine flour, sugar, salt, and baking soda. In another bowl beat eggs, apple sauce, oil and vanilla. Stir in dry ingredients just until moistened. Fold in peaches. Fill greased or paper-lined muffin cups 3/4 full. Bake at 375° F for 20-25 minutes.

Makes 12 muffins
180 calories, 3 grams of fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Duraznos

Cómo comprar duraznos o melocotones

- En los meses de verano, los duraznos son una “compra económica”.
- Seleccione duraznos frescos con color amarillento cremoso y con el aroma de durazno. No siempre son más dulces los que tienen un tono rojizo.
- No se preocupe si los duraznos en la tienda son muy duros. La mayoría tendrá que madurar por unos días en su hogar.
- Compre duraznos enlatadas sin azúcar o en jugo o jarabe de pocas calorías.

Cómo almacenar duraznos

- Para que maduren los duraznos en su hogar, colóquelos en una bolsa de papel por unos 2 ó 3 días hasta que tengan aroma dulce y estén un poco blandos. Los puede guardar en el refrigerador por unos 3 a 5 días.

Para algo rápido y fácil

- Añada rebanadas de durazno a cereales fríos o calientes.
- Coloque duraznos enlatados y calentados sobre waffles y panqueques/ hotcakes.
- Combine duraznos con yogur de poca grasa o requesón y agregue granola.
- Combine helado con duraznos en vez de bananas.

Receta para el desayuno

Molletes de durazno o melocotón

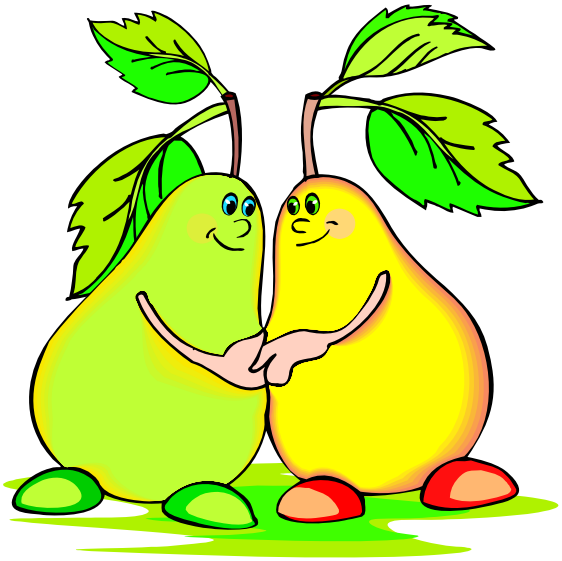
1 1/2 tazas de harina blanca
1 taza de azúcar
3/4 cucharadita de sal
1/2 cucharadita de bicarbonato de sodio
2 huevos
1/3 taza de puré de manzanas
2 cucharadas de aceite vegetal
1/2 cucharadita de vainilla
1 lata de duraznos de 16 onzas, córtelos en trocitos y sáquele el líquido

En un tazón grande, combine la harina, azúcar, sal y bicarbonato de sodio. En otro tazón bata los huevos, el puré de manzanas, aceite y vainilla. Coloque los ingredientes secos a los húmedos y revuelva justo como para mojarlos. Añada los duraznos. En un molde para molletes, rocíe con grasa o use revestimientos de papel, llene a 3/4 con la masa. Cocine al horno a 375° F por 20-25 minutos.

12 molletes, 1 por porción
180 calorías, 3 gramos de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Pears



How to Buy Pears

- Fresh pears are a great buy in the fall and winter.
- Fresh pears should have a sweet "pear" smell. They may be green or yellow. Some kinds have pink or brown streaks.
- Buy pears that are firm but not rock hard and let them finish ripening at home.
- When buying canned pears, look for unsweetened pears or pears packed in juice or light syrup.

How to Store Pears

- Ripen hard pears for a day or two in a brown paper bag. When the pears start to feel slightly soft all near the stem, they're ready to eat.
- Store ripe pears in the refrigerator to keep them from getting too soft.

Quick & Easy Tips

- Add sliced or canned pears to low-fat yogurt.
- Put warm canned pears over pancakes, waffles or french toast
- Cut a pear in half and scoop out the core fill the cavity with cottage cheese or peanut butter.
- Make a Waldorf salad of sliced pears, sliced apples, walnuts, raisins and low fat yogurt dressing.
- Add pear slices to chicken salad.
- Sprinkle dices pears over a green salad for extra crunch and a touch of sweetness.

Breakfast Recipe

Baked Pear

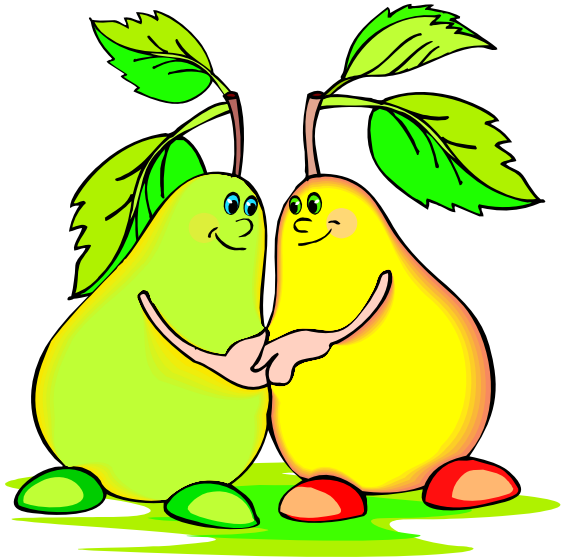
1 ripe pear
2 tsp. brown sugar
1/3 cup orange juice
Pinch of cinnamon (optional)

Cut pear in half and remove the core. Put brown sugar and orange juice on pear. Sprinkle with cinnamon. Microwave until pear is tender about 4-8 minutes.

Makes 1 serving
155 calories, 1 gram of fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Peras



Cómo comprar peras

- Las peras están de temporada en el otoño e invierno.
- Las peras frescas deben tener el aroma de “peras dulces”. Pueden ser verdes o amarillas. Algunas tienen rayas rosadas o marrones.
- Compre peras con pulpa firme pero no duras como piedras y permita que sigan madurando en su casa.
- Cuando compra peras enlatadas, busque las que están envasadas en jugo o en un jarabe de pocas calorías.

Cómo almacenar peras

- A las peras duras, déjelas madurar por un día o dos en una bolsa de papel. Cuando las peras se sientan algo blandas cerca del tallo, están listas para comer.
- Guarde peras maduras en el refrigerador para que no se ablanden demasiado.

Para algo rápido y fácil

- Añada rebanadas de pera o peras enlatadas a yogur de poca grasa.
- Ponga peras enlatadas tibias encima de panqueques/hotcakes, waffles o torrijas.
- Corte una pera por la mitad, saque el centro o corazón y llene el hueco con requesón o mantequilla de maní/ cacahuate.
- Prepare una ensalada Waldorf con rebanadas de peras y manzanas, nueces, pasas de uva y un aderezo de yogurt de poca grasa.
- Añada rebanadas de pera a una ensalada de pollo.
- Coloque peras picadas sobre una ensalada verde para un toque de dulce y algo crujiente.

Receta para el desayuno

Pera al horno

1 pera madura
2 cucharaditas de azúcar moreno
1/3 taza de jugo de naranja
Pizca de canela (opcional)

Corte la pera por la mitad y quite el centro o corazón. Coloque el azúcar moreno y el jugo de naranja sobre la pera. Añada la canela. Colóquela en el microondas unos 4 a 8 minutos hasta que la pera esté blanda.

Porción para 1 persona
155 calorías, 1 gramo de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Encourage Kids to Eat More Fruits & Veggies

Eating fruits and vegetables is part of a healthy diet* for both children and adults. Finding creative ways to encourage fruits and vegetables in your child's diet can be fun for the entire family.

There are more fruits and vegetables available in fresh, frozen, canned, and dried forms than ever before. Taking the time to introduce a variety of fruits and vegetables to kids can help develop a lifetime of healthy habits.

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10 Ways to Help Kids Eat More Fruits & Veggies

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at restaurants.
4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
5. Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with a prize of his or her choice.
6. Ask that fruits and vegetables be offered at school functions, after school programs, and in vending machines.
7. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
9. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
10. Encourage friends or relatives to offer vegetables and fruits to your children.

Important Elements—Smell, Texture, and Color

- Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them. It may be more appealing to a child if the fruits or vegetables are served raw.
- Try feeding different textures of fruits and vegetables to your child. Some children prefer smooth food, where as others like lumpy, and some children like crisp foods, but others like soft.
- Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures, and colors. Various vegetables can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low-fat or fat-free yogurt.

*In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

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Kid Friendly Recipes

Trees in a Broccoli Forest

This fun recipe allows kids to be creative with their food.

2 carrots, peeled
3 cups broccoli florets
4 cherry tomatoes
3 Tbsp parsley leaves
Dipping Sauce:
1/4 cup plain non-fat yogurt
1/4 cup low-fat sour cream
2 teaspoons honey
2 teaspoons spicy brown mustard

1. To prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl.
2. Hold carrots against cutting board and trim off ends. Cut each carrot in half, crosswise, then lengthwise to make four pieces. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes at the top of the plate.
3. Spoon dip around the base of carrots and sprinkle with parsley. (Makes 4 servings.)

*Nutrition info per serving: Calories 73kcal; Fat 1.5g; Sodium 88mg; Carb 13g; Fiber 3g; Protein 4g; Vit A 180%; Vit C 100%; Calcium 10%; Iron 4%

Fruity Breakfast Parfait

Breakfast is an easy time to include fruits in a child's diet. This easy breakfast parfait is as fun for kids to make as it is to eat!

2 cups chopped fresh pineapple
1 cup frozen raspberries, thawed
1 cup low-fat vanilla yogurt
1 firm, medium banana, peeled and sliced
1/3 cup chopped dates
1/4 cup sliced almonds, toasted

1. In glasses, layer pineapple, raspberries, yogurt, banana, and dates.
2. Sprinkle the top with almonds. (Makes 4 servings.)

*Nutrition info per serving: Calories 207kcal; Fat 4.2g; Sodium 42mg; Carb 41g; Fiber 5g; Protein 5.6g; Vit A 2%; Vit C 70%; Calcium 15%; Iron 4%

Carrot and Raisin Sunshine Salad

This salad is colorful and provides kids with many important nutrients, including vitamin A. It makes a good snack, side dish, or dessert.

1 pound carrots (5-6) peeled and shredded
1/2 cup raisins
1 carton (8oz) low-fat vanilla yogurt
4 to 6 iceberg lettuce leaves

1. Mix all ingredients together except lettuce leaves in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes.
2. Toss again before serving. Serve on lettuce leaves. (Makes 4 to 6 servings.)

*Nutrition info per serving: Calories 126kcal; Fat 1g; Sodium 95mg; Carb 28g; Fiber 3g; Protein 4g; Vit A 310%; Vit C 10%; Calcium 10%; Iron 4%

Seeing Is Believing
Model healthy eating habits to kids by eating fruits and vegetables often. Kids tend to follow the actions of older family members.

*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Keeping Your Toddler Safe

- **Modify the shape and texture of firm foods.** To avoid choking, cut grapes into quarters, chop apples and firm fruits into very small pieces, and cook carrots and hard vegetables until soft, then cut into small pieces.
- **Keep an eye on small children when they are eating.** Small children may eat in a hurry, stuff too much food in their mouths, or chew their food inadequately which may cause a child to choke.
- **Prevent injuries by prohibiting children from running or playing while chewing food.** Feed small children only when they are sitting down and are in a relaxed atmosphere. Train toddlers to chew their food thoroughly before swallowing.

To find out how many fruits and vegetables you need plus more recipe ideas, please visit www.fruitsandveggiesmatter.gov

Fruits & Veggies *On the Go!*

You know that eating a diet rich in fruits and vegetables is good for you, but you're constantly on the go. See how you can fit fruits and veggies into your everyday world. Fruits and vegetables can be a part of a balanced diet anytime, anywhere.

Fruits and veggies are available in many different forms that are easy to take with you. Prepared fresh fruits and vegetables, like baby carrots and fresh fruit cups, are available in the produce section. Dried fruits and vegetables pack away easily in your bag. Pre-packaged fruits in their own juice make a great addition to any lunch sack.

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It all adds up

Breakfast on the road	Blend a smoothie with fresh fruit to drink on the way to work or school.
Mid-morning snack	Mix your favorite nuts with dried fruit such as cranberries, raisins, or apricots for a homemade trail mix to keep in your desk.
Lunch at a restaurant	Have a salad with a fat-free or low-fat dressing and a low-fat or fat-free vegetable soup at your favorite local restaurant or school cafeteria.
Afternoon snack	Snack on hummus and dippable veggies such as carrots and broccoli florets, for an energizing afternoon snack.
Dinner at home	Add steamed, baked, or sautéed veggies to your dinner at home.

"Make that a side of veggies"

It may be easier than you think to eat fruits and veggies when dining out. In addition to serving up salads, soups, and fruit cups, many restaurants and cafeterias offer veggie-packed entrees and sides.

- Try vegetable stir fry, vegetable fajitas, veggie wraps, or pasta primavera.
- Order a side of veggies with your meal, or pick three or four veggie sides and create your own vegetable plate.

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Recipes that travel with you

Strawberry Yogurt Shake

Shakes are easy to prepare and will easily travel with you in a cup. Make one on your way out the door to drink on the way to work.

Breakfast

1/2 cup unsweetened pineapple juice
3/4 cup plain low-fat yogurt
1-1/2 cups frozen unsweetened strawberries
1 tsp granulated sugar (optional)

1. Add ingredients in the order listed to a blender container.
2. Puree at medium speed until thick and smooth.
3. Pour into glass and enjoy. (Makes 2 servings.)

Nutrition info per serving*: Calories 140kcal; Fat 2g; Sodium 65mg; Carb 27g; Fiber 2g; Protein 6g; Vit A 2%; Vit C 90%; Calcium 20%; Iron 6%

Quick Bean Salad

This speedy salad recipe can be easily taken with you to work for an afternoon snack or as a side dish at dinner. Using canned beans helps decrease the preparation time.

Snack or Dinner

1 (15 oz) can garbanzo beans, rinsed and drained
1 (16 oz) can French style green beans, drained
1 (14 oz) can artichoke hearts, rinsed, drained, and quartered
1/2 cup fat-free Italian salad dressing

1. Combine first three ingredients in a large bowl, tossing lightly.
2. Pour dressing over vegetables, toss well, and chill for two hours before serving. (Makes 8 servings.)

Nutrition info per serving*: Calories 90kcal; Fat 1g; Sodium 290mg; Carb 14g; Fiber 3g; Protein 5g; Vit A 4%; Vit C 6%; Calcium 4%; Iron 10%

Sun-Dried Tomato Hummus

Hummus is a great item to take with you for lunch or for a snack. Bring along dippable veggies, such as baby carrots and broccoli, to eat with the delicious hummus.

Lunch or Snack

2 (15 oz) cans garbanzo beans, rinsed and drained
1/3 cup fat-free yogurt
1/4 cup tahini (sesame seed paste)
3 garlic cloves
1/2 cup chopped and drained sun-dried tomatoes packed in oil
1 tsp dried oregano leaves
2 tsp lemon juice

1. Process garbanzo beans, yogurt, tahini, and garlic in food processor until smooth.
2. Stir in sun-dried tomatoes and herbs; season to taste with lemon juice.
3. Refrigerate two hours before serving. (Makes 8 servings.)

Nutrition info per serving*: Calories 190kcal; Fat 5g; Sodium 400mg; Carb 29g; Fiber 6g; Protein 8g; Vit A 2%; Vit C 10%; Calcium 8%; Iron 15%

Grab & Go

Stock your pantry, desk or refrigerator with items that can easily be taken with you. When you are in a hurry, you will have many delicious and nutritious snacks to choose from. Some great options include:

- 100% juice boxes.
- Dried fruit, such as raisins, apples, and dates.
- Fresh whole fruit.
- Pre-packaged green salads*.
- Baked veggie chips.
- Fruit in pre-packaged individual serving containers packed with water or fruit juice*.
- Pre-cut fruits and Veggies*.
- No-added sugar applesauce in individual serving containers.

*Refrigeration required

Visit www.fruitsandveggiesmatter.gov for more great recipes.

*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value (DV) based on 2,000 calories

Your Questions Answered

Q My family doesn't like vegetables. How can I make them more exciting?

A Vegetables come in many different colors, shapes, sizes, and flavors. With such a variety, there are likely to be some that your family will enjoy. Introduce new varieties on a regular basis.

Involve your family in the process. Plan a family outing to your local farmer's market. Allow children to pick out a new vegetable for the family to try. Have them help prepare and cook. Plant a small garden or volunteer to pick vegetables at a nearby farm or community garden.

When preparing vegetables, bring out different flavors by adding spices, herbs, or flavored vinegars. Try garnishing dishes with onions, garlic, salsa, or other vegetables.

Most importantly, keep trying. Vegetables are a good source of vitamins and minerals and an important part of a healthy diet.*

Q Help! Fresh fruits and vegetables go bad before I can use them. What can I do to minimize waste?

A Try to purchase only the amount of fresh fruits and vegetables you will eat in the next few days. Remember that fruits and vegetables come in forms, including frozen, canned, or dried, which last longer.

Properly storing fruits and vegetables can also help minimize spoilage. *See reverse side for storage tips.*

Here are some ways to use fresh fruits and vegetables before they spoil:

- Steam fresh vegetables. Allow them to cool and then place in air-tight containers and freeze. Use later in soups, casseroles, or re-heat for quick side dishes.
- Mash ripe bananas and freeze in 1/4 cup servings. Use for smoothies or homemade whole–grain breads.
- Squeeze the juice of oranges, grapefruit, lemons, or limes in a bowl. Mix with water and pour in ice trays. Freeze for flavorful ice cubes that add a fresh citrus essence to water or tea.
- Be creative. Add different fruits and vegetables to your favorite dishes to create new flavor twists.

Q How can I be sure that fruits and vegetables are free of contaminants?

A Although there is no way to be absolutely certain that any food is free of contaminants, one of the bests ways to reduce the risk of illness is to wash all fruits and vegetables, before preparing or eating.

Follow these simple steps:

1. Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
2. Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go to the next food.
3. Rinse produce under clean running water. Do not use detergents or bleach as these products are not intended for consumption.

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Q Which cooking method is best for retaining the nutrients in fruits and vegetables?

A There is no one right way to cook a particular food, and no matter how careful you are, food preparation of any kind results in some nutrient loss. However, certain techniques can help you minimize nutrients lost. Try these methods next time you cook fruits or vegetables.

- Use a steamer or cook in small amounts of water. If possible, use the leftover cooking liquid in a soup or another dish.
- Cook fruits and vegetables "just until tender" and avoid overcooking.
- Cut and cook fruits and vegetables in pieces that are as large as possible to reduce exposure to air that destroys some vitamins.
- Cook fruits and vegetables as soon as possible after cutting.
- Prepare fruits and vegetables as close to serving time as possible.

* A healthy diet also includes fruits, whole grains, fat-free or low-fat milk products, lean meats (including poultry, fish, beans, eggs, and nuts) and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

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Storing Fresh Fruits and Vegetables

Apples	Refrigerate to prevent further ripening. Apples can keep for up to six weeks. Check apples often, and remove any apples that begin to decay, or the others will do the same.
Bananas	Keep at room temperature to further ripen. Once ripe, store in refrigerator for up to 3 to 5 days. Although the peel will turn dark brown, the fruit is good.
Bell Peppers	Store unwashed bell peppers in a plastic bag in the refrigerator. Peppers should stay fresh for about a week.
Broccoli	Store broccoli unwashed in an open plastic bag and place in refrigerator crisper. Use within a day or two after purchasing.
Carrots	Refrigerate carrots in the crisper section. Carrots should last several weeks.
Corn	Cook corn shortly after purchase for the best taste. If not, store in the refrigerator. Keep it in its husk until you are ready to cook it. For best flavor, eat within a couple of days.
Garlic	Store garlic bulb in a cool, dark place with low humidity out of the refrigerator. Garlic should last for several weeks.
Lemons	Store at room temperature or in a plastic bag in the refrigerator. Lemons should keep for about two weeks at room temperature or six weeks in the refrigerator. Cut lemons should be refrigerated and used as quickly as possible.
Lettuce	Keep unwashed lettuce in plastic bags in the crisper section of the refrigerator. Salad greens should be stored separately from fruits. Lettuce can last up to two weeks.
Mangos	Store mangos at room temperature and out of sun. The ideal temperature for mangos is 55°F. Mangos should have a shelf life of one to two weeks. Store cut mangos in plastic bag for no more than three days.
Onions	Store in a cool, dry, open space away from bright light. Because onions absorb moisture, do not store onions below the sink. Do not place onions near potatoes because potatoes give off moisture. Depending on the season, onions may last two to four weeks.
Oranges	Keep oranges at room temperature or in the crisper drawer of the refrigerator. Oranges will generally keep for up to two weeks.
Potatoes	Store in a cool, dry place. Sunlight can cause the skin of brown potatoes to turn green. Remove any green spots before using. Potatoes will keep for three to five weeks.
Spinach	Pack unwashed spinach lightly in a cellophane or plastic bag, and store in the refrigerator crisper. Spinach should be eaten within three to four days.
Squash	Place summer squash in plastic bags and store in the refrigerator. Squash should keep for about a week. Winter squash has a longer shelf life and may be stored in a cool, dry place for up to three months.
Tomatoes	Store at room temperature away from sunlight until fully ripened. Ripe tomatoes may be stored in the refrigerator and used within a week.

General Storing Tip: For fruits and vegetables that require refrigeration, store the fruits and vegetables in separate crisper sections to prevent exposure to ethylene gas, which is produced by some fruits, and decreases the storage life of certain vegetables.

For more answers to common questions, visit www.fruitsandveggiesmatter.gov.

Eat more fruits and veggies

You probably already know that a healthy diet includes a variety of fruits and vegetables. A good source of vitamins and minerals, many fruits and vegetables are lower in calories and higher in fiber than other foods. As part of a healthy diet,* eating fruits and vegetables instead of high-fat or high-calorie foods may make it easier to control your weight.

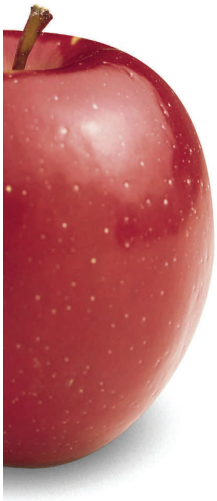
Too busy? See how you can save time, save money, or both as you strive to eat more fruits and vegetables as part of a healthy diet.

Save Time

- Pick fruits or veggies that require little peeling or chopping, such as baby carrots, cherry tomatoes, or grapes.
- Prepare extra vegetables and freeze leftovers for quick sides. Simply heat to 165ºF and serve.
- Choose ready-packed salad greens from the produce shelf for a quick salad any time.
- Visit the salad bar for pre-cut veggies to top salads, sandwiches, or pasta.

Save Money

- Take advantage of in-store promotions and purchase fresh fruits and vegetables in season, when they are generally less expensive.
- Prevent food waste by properly storing produce and selecting the type and amount you will consume.
- Buy in bulk. Freeze excess, or purchase frozen, canned, or dried varieties that keep longer.
- Shop the local farmer's market or visit nearby farms and pick your own fresh produce while in season.



Save Time + Money

- Plan meals ahead and create a shopping list to help minimize impulse purchases.
- Buy in bulk and prepare extra or larger amounts. Freeze individual or family-size portions for later use.
- Make vegetable-based one-pot meals using beans or soy or other beans instead of higher cost protein sources, such as meat, fish, or poultry. One-pot meals also reduce the number of pans and other utensils that must be washed, saving you time.
- Keep it simple. Choose quick and easy recipes with few ingredients that use in-season, canned, frozen, or dried fruits and vegetables.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

Recipes

Vegetarian Stuffed Peppers

Prepared in less than 30 minutes, this colorful dish packed with vitamin C makes a great addition to any meal. Substitute low-sodium canned diced tomatoes to save time and money.

4 red or green bell peppers
2 cups grape tomatoes
1 medium onion
1 cup fresh basil leaves
3 garlic cloves
2 tsp olive oil
1/4 tsp salt
1/4 tsp black pepper

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan.
2. Cut peppers in half (lengthwise) and remove seeds. Arrange peppers cut side up in baking pan and lightly oil cut edges of stems.
3. Halve tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt, and pepper.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender.

(Makes 8 servings.)

*Nutrition info per serving: Calories: 40kcal; Fat 2g; Sodium 80mg; Carb 7g; Fiber 2g; Protein 1g; Vit A 80%; Vit C 120%; Calcium 2%; Iron 4%

Green Bean Potato Salad

An alternative to the traditional potato salad, this tasty dish can be prepared in 20 minutes. Save time by using frozen green beans.

1 lb (3 1/2 cups) fresh green beans
2 lbs (2 1/2 cups) red potatoes
3 cloves garlic, minced
3 Tbsp fresh dill
4 Tbsp balsamic vinegar
3 Tbsp olive oil
1 Tbsp Dijon mustard
1 cup diced red bell pepper
1/2 cup chopped red onion

1. Steam green beans for 5 to 8 minutes.
2. Dice potatoes into bite-size pieces. Cook in boiling water until tender.
3. Prepare dressing by mixing dill, vinegar, oil, and mustard.
4. Add onion and pepper to cooled beans and potatoes; top with dressing.

(Makes 8 servings.)

*Nutrition info per serving:Calories: 160kcal; Fat 5g; Sodium 35mg; Carb 26g; Fiber 4g; Protein 4g; Vit A 20%; Vit C 110%; Calcium 4%; Iron 8%

Lentil One Dish

Ready in 30 minutes, this low-cost dish is a great non-meat alternative.

1 cup uncooked rinsed lentils
1/2 cup uncooked brown rice
3 cups sliced carrots
1 lb (2 1/2 cups) swiss chard, chopped
1 lb kale, (3 1/2 cups) chopped
3 cups water
1 packet onion soup mix
1 tsp basil
1 Tbsp olive oil

1. Place all ingredients in large pot and bring to a boil.
2. Reduce heat, cover, and cook until rice is done, about 20 minutes.

(Makes 6 servings.)

*Nutrition info per serving: Calories: 280kcal; Fat 4g; Sodium 540mg; Carb 51g; Fiber 15g; Protein 15g; Vit A 470%; Vit C 200%; Calcium 20%; Iron 35%

Visit www.fruitsandveggiesmatter.gov for more great recipes!

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Least expensive way to eat fruits and veggies

Fresh	**apples, peaches, pears, plums, blueberries, strawberries, cherries, cabbage, potatoes, broccoli, carrots, cauliflower, kale, sweet potatoes, spinach, squash/zucchini, mangoes, papayas, bananas**
Frozen	**raspberries, collard greens, turnip greens, okra**
Canned	**green beans, tomatoes, sweet corn, green peas, asparagus**
Dried	**grapes (raisins), apricots**
Juice	**grapefruit (frozen), orange (frozen), pineapple, prune (plums), tomato**

Source: *How Much Do Americans Pay for Fruits and Vegetables?* AIB-790. Economic Research Service/USDA

True or False? Test your fruit and veggie IQ.

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Eating fruits and vegetables everyday as part of a healthy diet can help you fight disease.

T A good source of many essential vitamins and minerals, fruits and vegetables are important to promoting good health. Research consistently shows that compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet* are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, certain cancers, and perhaps heart disease and high blood pressure.

Most people do not eat enough fruits and vegetables for good health.

T Despite the many health benefits, most Americans do not consume enough fruit and vegetables every day. Are you meeting your needs? Visit www.fruitsandveggiesmatter.gov to see how many cups you need each day.

Green vegetables are the most nutritious.

F No one food contains all the nutrients your body needs. To get a healthy variety, think color. Eating fruits and vegetables of different colors, including plenty of dark green vegetables, gives your body a wide range of nutrients, like fiber, folate, potassium, and vitamins A and C.

Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation.

T No matter what the form — fresh, frozen, canned, dried, juice — all varieties of fruits and vegetables count toward your daily recommendation. Choose fruits without added sugar or syrups and vegetables without added salt, butter, or cream sauces. Although 100% fruit or vegetable juice counts toward your daily recommendation, the majority of the total daily amount of fruits and vegetables should come from whole fruits and vegetables to help you get enough fiber.

Fruits and vegetables can play a role in weight management.

T Besides having vitamins and minerals that can help protect your health, many fruits and vegetables are lower in calories and higher in fiber than other foods. Studies have shown that when people eat more low-calorie foods, they naturally eat fewer high-calorie foods. That's because people tend to eat similar amounts of food even when the calories in the food vary. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

Fruits and vegetables are always more expensive than other foods.

F The USDA analyzed the prices of 154 different forms of fruits and vegetables and found that more than half cost less than 25 cents per serving. Compared to a candy bar, soda, or snack grab bag, fruits and veggies are a bargain. *Based on 1999 A.C. Nielson Homescan data.*

Preparing fruits and vegetables always takes too much time.

F With so many varieties to choose from, it's easier than ever to eat more fruits and vegetables. Look for simple recipes that take only minutes to prepare. See reverse side for three great options. Or try whole fruits and vegetables. There are many varieties you can just rinse and eat.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

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Recipes

Black Beans with Corn & Tomatoes

Need a side dish or quick dip? This versatile dish is great with grilled chicken fajitas and baked tortilla chips.

10 minutes

1 15-ounce can low-sodium no-fat-added black beans

1 cup frozen corn, thawed

1 cup cut tomatoes (fresh or low-sodium canned)

1 clove garlic, minced

1 tsp chopped fresh parsley (optional)

1/2 tsp chili powder

1/8 tsp cayenne pepper or more to taste

1. Drain and rinse beans.
2. In a bowl, combine beans, corn, tomatoes, and garlic.
3. Add parsley, pepper, and chili powder.
4. Combine and serve.

(Makes 4 servings.)

*Nutrition info per serving: Calories: 110kcal; Fat 1g; Sodium 230mg; Carb 25g; Fiber 7g; Protein 6g; Vit A 10%; Vit C 20%; Calcium 4%; Iron 10%

Colorful Edamame Salad

This attractive salad will brighten up any plate. Serve as a first course or along side grilled chicken or fish.

15 minutes

1 1/2 cup shelled frozen edamame

4 cups romaine lettuce, cut

1 cup shredded carrots

2 cups halved grape tomatoes

1 cup sliced cucumber

1/2 cup chopped red onion

1. Add shelled edamame to 3 cups of boiling water and cook 4 minutes. Drain and rinse with cold running water to cool.
2. Mix all other ingredients and combine with the edamame in a large salad bowl.
3. If desired, toss with a low-fat dressing of your choice. *Note: The dressing is not included in the nutritional analysis below.*

(Makes 4 servings.)

*Nutrition info per serving:
Calories: 120kcal; Fat 2.5g; Sodium 80mg; Carb 17g; Fiber 4g; Protein 9g; Vit A 150%; Vit C 45%; Calcium 10%; Iron 10%

Pasta Primavera

30 minutes

Ready in just 30 minutes, this healthy version of the classic pasta dish is sure to be a favorite with family and friends.

1 cup broccoli florets

1 cup sliced carrots

1 cup sliced zucchini

1 cup macaroni or rotini pasta

Sauce:

1 Tbsp flour

1 Tbsp soft margarine

1 cup skim (fat-free) milk

1/4 tsp dried basil

1/8 tsp black pepper

2 Tbsp Parmesan cheese

1. Steam vegetables until crisp-tender, about 5 minutes.
2. Cook pasta according to package directions.
3. In a small saucepan, melt margarine and blend in flour. Gradually stir in milk, basil, and pepper.
4. Cook over medium heat, stirring constantly, until sauce thickens.
5. Remove from heat and blend in cheese. Pour over hot vegetables.
6. Add macaroni and mix together.

(Makes 2 servings.)

*Nutrition info per serving:
Calories: 360kcal; Fat 8g; Sodium 200mg; Carb 56g; Fiber 5g; Protein 15g; Vit A 180%; Vit C 80%; Calcium 25%; Iron 15%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Visit www.fruitsandveggiesmatter.gov for more great recipes and tips to keep food safe.

POWER PACK YOUR DAY.

Here are some easy ways to fill your day with fruits and vegetables as part of a healthy diet:

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.
- Have some fruit as a mid-morning snack.
- Make fruits and vegetables about half your plate.
- Munch on raw vegetables with a healthy low-fat or fat-free dip.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."
- Add frozen vegetables to a casserole or pasta. Try broccoli, peas, and corn.
- Ask for more vegetable toppings (like broccoli and spinach) and less cheese on your pizza.

Visit 5aday.gov.

how many fruits and vegetables do *you* need?

EVERY BODY IS DIFFERENT. WE'LL SHOW YOU SIMPLE WAYS TO EAT THE AMOUNTS THAT ARE RIGHT FOR YOU.

eat a colorful variety every day

You probably already know that a healthy diet includes a variety of fruits and vegetables. Most are lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts — as part of a healthy diet — are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

You can find the amounts of fruits and vegetables you need using the charts in this brochure. There are also facts on why eating the recommended amounts is important to your health. Easy tips for including fruits and vegetables in your day are also provided.

know the amounts you need each day

1. Go to your chart. Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life:

   Less Active: You average less than 30 minutes a day.
   Moderately Active: You average 30 to 60 minutes a day.
   Active: You average more than 60 minutes a day.

2. Choose your age range. Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

Women

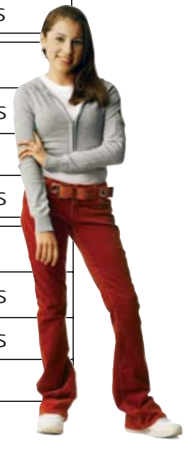
	AGE	FRUITS	VEGETABLES
less active	19-30	2 cups	2 ½ cups
	31-50	1 ½ cups	2 ½ cups
	51+	1 ½ cups	2 cups
moderately active	19-50	2 cups	2 ½ cups
	51+	1 ½ cups	2 ½ cups
active	19-50	2 cups	3 cups
	51+	2 cups	2 ½ cups

Men

	AGE	FRUITS	VEGETABLES
less active	19-50	2 cups	3 cups
	51+	2 cups	2 ½ cups
moderately active	19-30	2 cups	3 ½ cups
	31+	2 cups	3 cups
active	19-30	2 ½ cups	4 cups
	31-50	2 ½ cups	3 ½ cups
	51+	2 cups	3 cups

Girls

	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 cup	1 ½ cups
	9-13	1 ½ cups	2 cups
	14-18	1 ½ cups	2 ½ cups
moderately active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 cups
	14-18	2 cups	2 ½ cups
active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups



Boys

	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups
moderately active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups
active	2-3	1 cup	1 cup
	4-8	1 ½ cups	2 cups
	9-13	2 cups	2 ½ cups
	14-18	2 ½ cups	3 ½ cups

make it count

Include fruits and vegetables throughout your day in little ways — for snacks, toppings, side dishes, or in your main meal. Whether they're frozen, fresh, canned, or dried, all fruits and vegetables (including beans) count toward your daily amount.

Learn what 1 cup and ½ a cup look like:

EXAMPLES OF 1 CUP

1 large ear of corn

1 large orange

1 large sweet potato

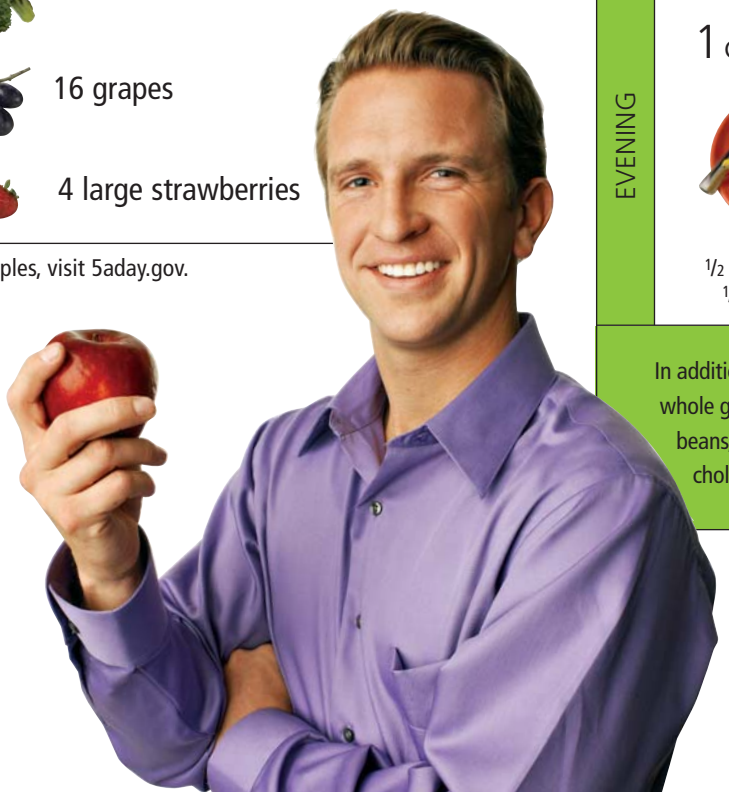
EXAMPLES OF ½ CUP

5 broccoli florets

16 grapes

4 large strawberries

For more examples, visit 5aday.gov.



Simple ways to enjoy fruits and vegetables throughout your day:

MORNING

1 cup

1 small apple

½ cup

1 small banana

MID-DAY

1 cup

1 cup of lettuce* and ½ cup of other vegetables

½ cup

6 baby carrots

EVENING

1 cup

½ large sweet potato and ½ cup of green beans

½ cup

½ cup of fresh mixed fruit

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars.

* 1 cup of lettuce counts as ½ cup of vegetables.

find your balance

Becoming a healthier you isn't just about eating healthy — it's also about physical activity. Regular physical activity is important for your overall health and fitness.

Here are some guidelines to follow:

Adults should be physically active at a moderate intensity at least 30 minutes most days of the week.
To prevent weight gain, adults should be physically active at least at a moderate intensity approximately 60 minutes most days of the week while not exceeding caloric requirements.
Children and teenagers should be physically active for 60 minutes most days, or preferably all days of the week.
For even greater health benefits, increase the time or intensity of your activity.

get the most nutrition out of your calories

Consider this: If you use up your total daily calories on a few high-calorie items, chances are you won't get the full range of vitamins and nutrients your body needs to be healthy.

To get all the nutrients you need, without consuming too many calories, you should choose foods that are packed with nutrients, but lower in calories, from each of the food groups. These foods include fruits and vegetables, whole grains, lean meats, and fat-free or low-fat milk and milk products.

For more information about a healthy diet, visit MyPyramid.gov.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions. For more variety, try new fruits and vegetables regularly.

they've got what you need, naturally

TAKE A HEALTHY BITE.

Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

FIBER	
Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.	**Excellent fruit and vegetable sources:** navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes
FOLATE*	
Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	**Excellent fruit and vegetable sources:** black eyed peas, cooked spinach, great northern beans, asparagus
POTASSIUM	
Diets rich in potassium may help to maintain a healthy blood pressure.	**Good fruit and vegetable sources:** sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice
VITAMIN A	
Vitamin A keeps eyes and skin healthy and helps to protect against infections.	**Excellent fruit and vegetable sources:** sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
VITAMIN C	
Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.	**Excellent fruit and vegetable sources:** red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

* According to the Institute of Medicine, a daily intake of 400 µg/day of synthetic folic acid (from fortified foods or supplements in addition to food forms of folate from a varied diet) is recommended for women of childbearing age who may become pregnant.