

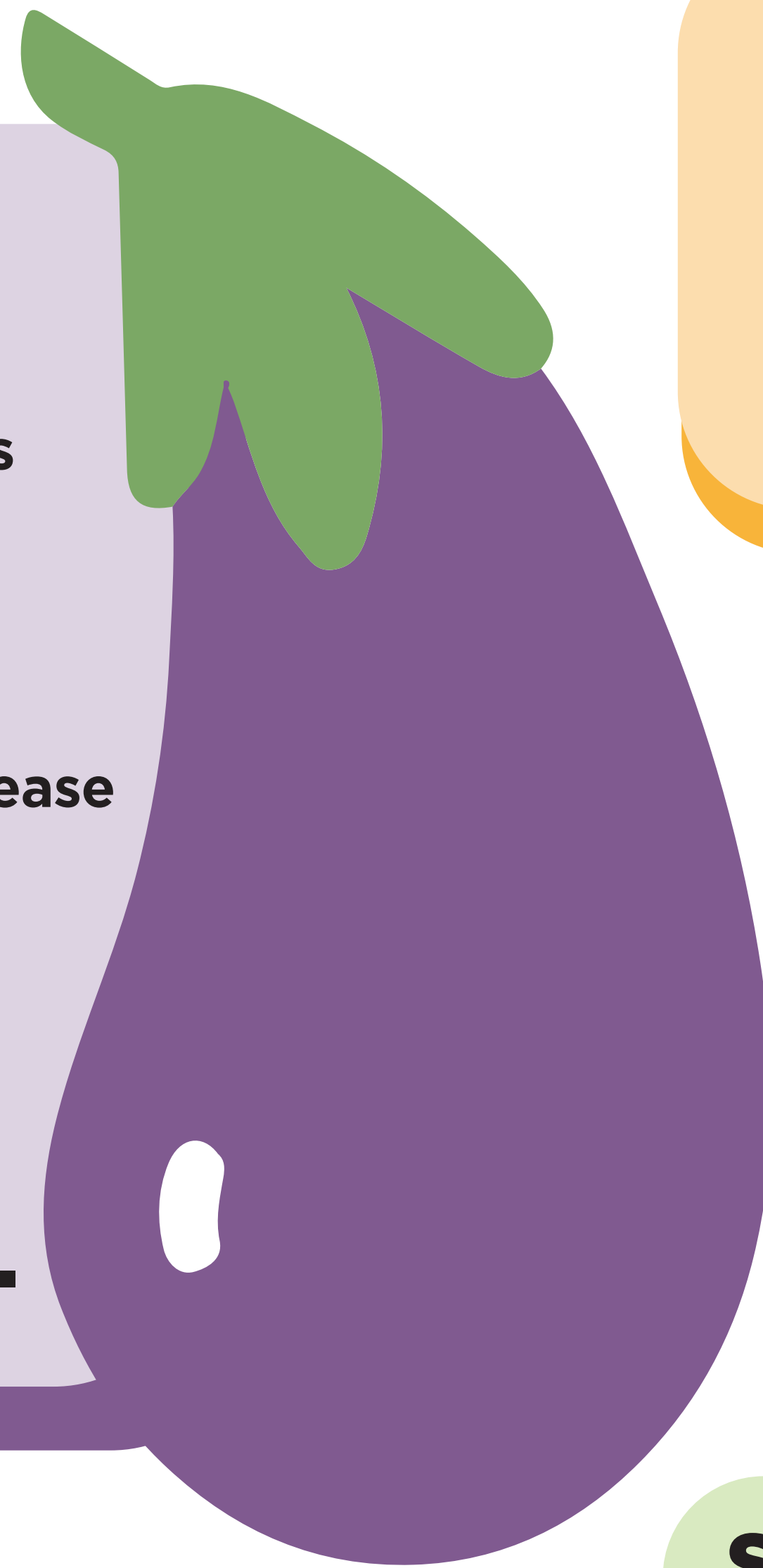
FRUITS AND VEGETABLES

Eat a rainbow!

Why eat fruits and vegetables?

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

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



Pro tip: Fruits and vegetables are tastier, more nutritious, and cheaper when they are in season. Go to seasonalandsimple.info to learn what's in season now.



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

Be adventurous

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



Save money

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

