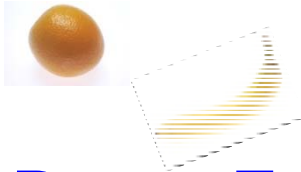




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Food Wise



Dare to Eat Different Fruits And Veggies!

You might have heard that it is best to eat fruits and vegetables each day to stay healthy. But did you know that eating different fruits and veggies is just as important?

If you eat the same foods day after day it gets boring. It is not as good for you as when you eat different kinds of fruits and veggies.

Each fruit and vegetable has many kinds of vitamins, minerals and other good things for health like fiber.

That is why it is best for your health to have different kinds in your meals and snacks.

Be daring! Taste new foods! You can find all sorts of fruits and veggies in your local stores and farmers' markets.

Look inside to learn more about eating a variety of fruits and veggies.



Food Wise

Eat a Variety of Fruits and Vegetables.

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Did You Know?

The more colors in your fruit and veggie choices, the more different vitamins and minerals you can get. Darker colors can often mean more nutrients.

Eating Different Fruits and Vegetables is Easy

Breakfast

- 4-6 oz glass of 100% juice
- Green or red peppers in scrambled egg
- Fresh fruits in yogurt or pancakes

Lunch

Have salad or soup with veggies like lettuce, spinach, and tomato or put them in your sandwich.

Have a piece of fruit like an orange, plum, or peach. Put zucchini, carrot, cucumber or celery sticks in your brown

bag.

Dinner

- Veggies in your main dish
- Raw fruits or veggies in salads
- Fresh fruit or fruit cup for dessert
- Veggies as side order when eating out

Snacks

- Grapes, apple, or pear
- Raw veggies with salsa or a favorite dip
- 4-6 ozs of 100% fruit or vegetable juice instead of soft drinks
- Applesauce with cinnamon

Vary Fruits and Vegetables

NOTEBOOK

What are your favorite fruits and vegetables? Which do you eat a lot?

The last time you tried a new fruit or vegetable, or tried one you had not had for a long time, what was it? Did you like it?

Keep track of the fruits and vegetables you eat. Pick one day. Use the tips you read here to help you. Write down which fruits and vegetables you eat see how you do.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How many did you pick?

0-2 Be daring! Try for 1 or 2 more!

3-5

You are getting there! Try for 5 or more each day.

6-8 Good work!

When you eat this many different fruits and veggies each day you will feel that glow of success.

9+ You are ready for the fruit and veggie Hall of Fame! Keep it up!



Tips for Adding Variety to Your Fruits and Vegetables

- ❖ Start each day with a 4-6 oz. glass of 100% juice. Try a new one each week.



- ❖ Add spinach or other dark greens to your salad once each week.

- ❖ Try sweet potatoes in place of white potatoes.

- ❖ Add chopped veggies like carrots, zucchini, celery, or parsnips to spaghetti sauce or lasagna.

- ❖ Top your cereals with banana slices, raisins, sliced apple or peach, berries or any fruit you like.



- ❖ Pack an orange or a kiwi for a quick snack or for lunch.



- ❖ Add cut up fresh, frozen or canned veggies to soup.

- ❖ Keep cut up raw broccoli, cauliflower and other veggies on hand to eat for crunchy snacks or to

add to salads, to cook in the microwave or to stir fry. When you have some time, wash and cut up veggies. Store them in plastic bags in the fridge so they will be ready to use when you need them.



- ❖ Use fresh fruit slices as a topping for your favorite yogurt or low-fat ice cream.



- ❖ Try new recipes that include collard greens, or Brussels sprouts or other new veggies.

- ❖ Use fresh or canned fruit in light syrup or its own juice instead of desserts with a lot of sugar.

- ❖ Keep raisins, dried apricots and other dried fruit handy for snacks, but not too much.

- ❖ Make a smoothie by mixing fruit juice, frozen yogurt and two or three different

fruits in a blender. You can make a special snack or dessert treat by changing the flavors of the fruits and juices you use.



- ❖ Try new frozen or canned fruits and veggies.

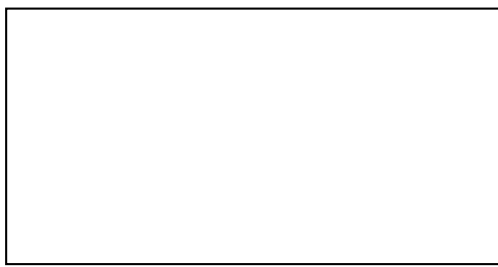
- ❖ Buy in season. Visit a farmers' market and get all kinds of great tasting fresh fruits and veggies.



- ❖ If you find you have to throw some fruits and veggies away because they spoil, buy carrots, melon, pineapple, and salad greens already cleaned and cut. They cost more, but you may save in the end.



- ❖ Buy fruit canned in its own juice instead of heavy syrup.



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Mixed Fruits Recipe – A Kids Can Help Recipe

Fun Fruit Salad

12 Servings (1/2 cup)

This recipe is in 2 parts, so that a child can help you make it if you choose.

- ☆ 1 (20 ounce) can pineapple chunks in its own juice
- ☆ 1 apple (any kind you like)
- ☆ 1 orange
- ☆ 1 banana
- ☆ 1 mango
- ☆ Any canned, fresh or frozen fruits you like, such as grapes, pears, peaches, mandarin oranges and berries

Adult and Child: Wash hands for 20 seconds with soap and warm water.

Adult and Child: Wash the fresh fruits in clean water.

Adult and Child: Drain the juice of the pineapple into a cup or small bowl.

Adult: Peel and cut the orange into a small bowl. Save the juice.

Adult and Child: Add the orange’s juice to the cup or bowl with the pineapple juice.

Adult: Peel and cut the other fresh fruits into small pieces.

Child: Put all of the fruit pieces in a large bowl and mix.

Adult and Child: Pour the orange and pineapple juice over the cut fruit. Cover the bowl and put the salad in the fridge until you are ready to eat it.