

Fruits and Vegetables... Good for You!

K-State Research and Extension

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Family Nutrition Program

Welcome to the first issue of a newsletter brought to you by nutrition folks at K-State Research and Extension! We'd like to encourage you to start today to eat more fruits and vegetables.

Do your health a favor – deliciously! – by eating **five to nine** servings of fruits and vegetables a day.

Here are the answers to some common questions about how to eat more fruits and vegetables each day.

How can I make eating plenty of fruits and vegetables easy?

- Wash a fresh one and take a bite!
- Open a container of canned fruit and enjoy immediately.
- Open a box of dried fruit or some juice for instant refreshment.
- Put fresh, frozen or canned vegetables in a covered container and cook

in a microwave oven until hot and tender.

- Thaw two or three different frozen fruits or vegetables, combine them, and serve the mixture cold or hot.

How can I get more fruits and vegetables for my money?

- Buy fresh fruits and vegetables that are in season.
- Buy only enough ripe fresh fruits and vegetables that you will use in one or two days.
- Also buy some not-so ripe pieces that will be ready for eating when the ripe ones are gone.
- Buy canned, frozen or dried fruits and vegetables and 100% juices for variety.
- Compare prices of different brands and buy the cheapest. Watch store ads for sales.

How can I remind myself to eat more fruits and vegetables?

- Store fruits and

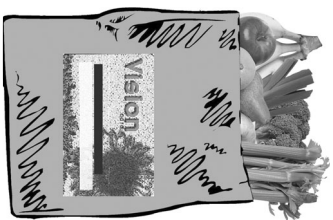
vegetables where you will see them often.

- Keep some washed fresh fruit and small containers of dried or canned fruit and juices in a bowl on a kitchen table or by the front door.
- Store washed and cut up fruits and vegetables in see-through containers near the front of the refrigerator.

Eating brightly colored fruits and vegetables is definitely not boring because there are so many taste sensations to choose from.

How much is a serving?

-  1 medium piece of fruit
-  1/4 cup dried fruit
-  1/2 cup raw, cooked, canned, or frozen fruit or vegetables
-  3/4 cup 100% fruit or vegetable juice
-  1 cup leafy vegetables
-  1/2 cup cooked or canned peas or beans



**You may
qualify for help
to buy
groceries.**

**Call toll free
1-888-369-4777
for information.**

Did you know that by eating a variety of fruits and vegetables each day, you can protect yourself against illnesses and save on medical care costs?

This may be how the old saying, *An apple a day keeps the doctor away*, got started!



This material was funded by USDA's Food Stamp Program through a contract with Kansas Department of Social and Rehabilitation Services. The Kansas Food Assistance Program can help people with a low income buy nutritious foods for a better diet.

For more information about healthy eating, contact your local extension office.

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