EAT MORE FRUITS & VEGGIES!

HEALTHY EATING TIP OF THE MONTH

July 2019

Your parents and doctor may nag you to include more fruit and vegetables in your diet...

But let’s find out why these two food groups are so great for us!
WHY SHOULD YOU EAT FRUIT AND VEGETABLES EVERYDAY?

THE BENEFITS OF FRUIT & VEGGIES

- Keeps you fuller for longer
- Increases the volume of your meal without excessive calories
- A great source of fiber to regulate bowel movements
- A great source of vitamins and minerals
- Decreases damage due to the aging process
- Decreases risk of heart disease, lung, colorectal, and gastric cancer, type 2 diabetes, and asthma.
GOAL: 5 SERVINGS OF FRUIT AND VEGETABLES A DAY

1 SERVING EQUALS -

- **Leafy greens**
  - Raw: 250 mL (1 cup)
  - Cooked: 125 mL (1/2 cup)

- **Carrots**
  - Sliced: 125 mL (1/2 cup)

- **Vegetable juice**
  - 125 mL (1/2 cup)

- **Dried fruit**
  - 60 mL (1/4 cup)

- **Squash**
  - Mashed or diced: 125 mL (1/2 cup)

- **1 fruit**
  - Apple, orange, peach, pear: is about the same size as medium

- **Vegetables**
  - Fresh, frozen or canned: 125 mL (1/2 cup)

- **1 kiwi**
  - Large

EAT THE RAINBOW

Try to choose fruits & vegetables of different colors to get a variety of nutrients
HOW TO INCORPORATE A FRUIT OR VEGETABLE WITH EVERY MEAL

BREAKFAST

• Add 1/4 cup grated zucchini or carrot to oatmeal
• Make a veggie omelet with spinach and mushrooms
• Top pancakes or waffles with fresh or frozen berries
• Add frozen fruit and frozen veggies like butternut squash, beets, or cauliflower to your smoothie
• Whip up a yogurt parfait with your favorite fresh or frozen fruit & some granola
• Make your own breakfast sandwich with a whole grain English muffin, spinach, tomato, cheese, and eggs
• Serve low-fat sausage with roasted veggies and sweet potato

SNACK

• Pair celery or carrots with hummus or your favorite dip!
• Dip apple or pear slices in a seed or nut butter
• Stir fruit into cottage cheese or yogurt
• Grab an orange and a cheese stick
• Make your own trail mix with nuts and dried fruit
• Try plantain chips and guacamole
• Roll turkey with avocado and strawberries on the side

TIP: Pair a fruit or veg with a fat or protein to keep you full and energized for longer!

LUNCH AND DINNER

Lemon Vinaigrette

Mix together 1/2 teaspoon lemon zest, 2 tablespoon lemon juice, 1 teaspoon ginger, 1/2 teaspoon Dijon mustard, 2 tablespoon olive oil, and black pepper to taste

• Keep frozen veggies on hand to throw into a quick stir fry or pasta dish
• Add lettuce and tomato to your favorite meat sandwich
• Swap the jelly in your peanut butter sandwich for sliced bananas or smashed raspberries
• Wrap lettuce, bell pepper, avocado, and beans in a whole wheat tortilla and serve with salsa
• Sprinkle a frozen pizza with spinach and more of your favorite veggies before baking in the oven
• Serve a side salad with a homemade salad dressing
TIPS TO INCREASE FRUIT AND VEGETABLE INTAKE OF YOU AND YOUR KIDS

**Be a Role Model**
Children naturally imitate others. If you want your child to have fruit for snack, you should have fruit for snack. If you are eating vegetables at dinner, your child is likely to take notice and do the same (maybe not immediately).

**Eat Together**
Make eating together as a family part of your daily routine. Even if it is just for 1 meal a day and it doesn’t have to be dinner. A happy environment generates positive associations and allows children to be exposed to a variety of foods.

**Give Them Choices**
Rather than asking, “Do you want broccoli?” Instead ask “Do you want broccoli or carrots with dinner?” This gives them a choice while reinforcing they must choose at least one.

**Make it Convenient**
Keep lots of fresh fruit and veggies washed and available for quick snacks, to add to lunches or to include in meals. Keep these foods available and visible to promote consumption. Apples, pears, bananas, grapes, carrot and celery sticks are all easy grab on the go.

**Try and Try Again**
Don’t give up on providing healthy options, even if your child doesn’t always eat them. It may take more than 10 times offering a new food before the child is willing to eat it. Try serving new foods on the side with a familiar food and introduce 1 new food at a time.

**Blend it Up**
Add frozen fruit and veggies to a blender with milk and/or yogurt to make a delicious smoothie. You can also use your blender to make a veggie filled pizza or pasta sauce and creamy soup.

**Make it Fun!**
Try making fruit kabobs using a skewer where your child can select their own fruit pieces. Or your child can make a food collage with veggies before eating their creation. Using cookie cutters to shape foods is fun too!

**Get Them in the Kitchen**
Have your child be your assistant chef! Depending on their age, they can help you wash produce, tear leaves, or cut veggies. Cooking skills are associated with healthy eating since your child will be less reliant on packaged, processed foods.

**Grow Your Own**
Use a box planter or large pot and grow some herbs and vegetables at home. Not only will they taste fresher, but it’s also cheap and convenient. Try growing herbs like rosemary or mint and veggies like kale and tomatoes.

**Dip it**
Children enjoy dips which increases vegetable consumption by 80% according to research. Try including a Greek yogurt dip or hummus along with vegetables as part of lunch. You may be surprised how many veggies they eat!
VEGGIE POTATO SALAD

Yield: 10 servings  Serving Size: 3/4 cup  Prep and Cook Time: 2 hours 30 minutes

Ingredients:
- 2 1/2 pounds baby red potatoes, cut into 1-inch cubes
- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1/2 cup whole buttermilk
- 1/4 cup plain greek yogurt
- 1/4 cup reduced-fat mayonnaise with olive oil
- 1 tablespoon Dijon mustard
- 2 carrots, grated
- 1/2 cup chopped celery
- 1/2 cup sliced radishes
- 1/2 cup steamed, cut fresh green beans
- 1/4 cup finely chopped fresh parsley
- 1 tablespoon lemon zest
- 1 garlic clove, minced
- black pepper to taste

Directions:
1.) Bring potatoes and salted water to cover to a boil in a large saucepan; reduce heat, and simmer 7 to 10 minutes or until tender. Drain. Place potatoes in a large bowl; sprinkle with vinegar and oil, and toss gently. Cool completely (about 1 hour).

2.) Whisk together buttermilk and next 3 ingredients. Stir in carrots and next 6 ingredients; season with pepper to taste. Spoon buttermilk mixture over potato mixture; toss gently to coat. Cover and chill 1 to 24 hours before serving.

Food Safety Tip:
- Use clean utensils. When you’re finished cooking, don’t use the same utensils that handled your raw meat or eggs. Instead, grab clean serving utensils and a clean plate or platter.
- Serving: Cold foods should be kept below 40°F. So store cold items in a cooler, or serve them in a shallow pan filled with ice.
- Storage: Remember to stash it in the refrigerator ASAP. Food should never be left out more than two hours, or one hour in temperatures above 90 °F. If your food has been sitting out longer, throw it away to be safe.
**RED, WHITE, & BLUEBERRY FRUIT SALAD**

Yield: 8 servings  
Prep Time: 15 minutes

Ingredients:
- 2 cups strawberries
- 1 cup blueberries
- 1/4 cup unsweetened coconut flakes
- 1 Tablespoon honey
- 1 Tablespoon lemon juice

Directions:
1. Rinse the strawberries and blueberries under cold water.
2. Slice the strawberries into quarters or halves.
3. Combine strawberries, blueberries, coconut flakes, and lemon juice in a bowl. Drizzle with honey.
4. Serve immediately or cover and refrigerate for up to 5 days.

---

**SUMMER GRILLED VEGGIES**

Yield: 6 servings  
Prep and Cook Time: 40 minutes

Ingredients:
- 3 red bell peppers, seeded and halved
- 3 yellow squash (about 1 pound total), sliced lengthwise into 1/2-inch-thick rectangles
- 3 zucchini (about 12 ounces total), sliced lengthwise into 1/2-inch-thick rectangles
- 3 Japanese eggplant (12 ounces total), sliced lengthwise into 1/2-inch-thick rectangles
- 12 cremini mushrooms
- 1 bunch (1-pound) asparagus, trimmed
- 12 green onions, roots cut off
- 1/4 cup plus 2 tablespoons olive oil
- Salt and freshly ground black pepper
- 3 tablespoons balsamic vinegar
- 2 garlic cloves, minced
- 1 teaspoon chopped fresh Italian parsley leaves
- 1 teaspoon chopped fresh basil leaves
- 1/2 teaspoon finely chopped fresh rosemary leaves

Directions:
1. Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat). Brush the vegetables with 1/4 cup of the oil to coat lightly. Sprinkle the vegetables with salt and pepper. Working in batches, grill the vegetables until tender and lightly charred all over, about 8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, and mushrooms; 4 minutes for the asparagus and green onions. Arrange the vegetables on a platter. The key to getting those great grill marks is to not shift the vegetables too frequently once they’ve been placed on the hot grill.
2. Meanwhile, whisk the remaining 2 tablespoons of oil, balsamic vinegar, garlic, parsley, basil, and rosemary in a small bowl to blend. Add salt and pepper to taste. Drizzle the herb mixture over the vegetables. Serve the vegetables, warm or at room temperature.
References:


