



Today we will be learning why having more fruits and vegetables really does make a difference. By the end of this lesson, you will be able to identify meals and snacks where you can add another serving of fruit and/or vegetables. You will also know why having fruits and vegetables is important to your health as well as your child's health.

Let's get started.....

Write down everything that you ate yesterday.

Now write down everything that your child ate yesterday.

We will come back to this so just set it to the side.

Health Benefits of Fruits and Vegetables!

Fruits and vegetables are good for your health! They have many vitamins, minerals and other natural substances that help you stay healthy and help your children grow healthy and strong!

Here is a table of just some of the vitamins and minerals found in fruits and vegetables.



<i>Fiber</i>	
Fiber is good for your heart and your intestines. It helps keep you regular.	Excellent vegetable sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes, apples, pears, blueberries

<i>Folate</i>	
Folate may keep your baby from having a spinal cord problem at birth.	Excellent vegetable sources: black eyed peas, cooked spinach, great northern beans, asparagus, melons, orange

<i>Potassium</i>	
Fruits and veggies with lots of potassium help you have good 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

<i>Vitamin A</i>	
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

<i>Vitamin C</i>	
Vitamin C helps heal cuts and wounds and keep 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

<i>Fat</i>	
Fruits and vegetables (with the exception of olives, avocados, and coconut) are naturally low in fat.	Substituting fruits and vegetables for higher-calorie foods should be a part of any weight loss program and healthy diet

You can see from the table there is not one fruit or vegetable in every list. You need some of each to get all of the benefits. Every fruit and vegetable offers different nutrients, tastes and textures. For the best overall nutrition.....

choose a variety of colors of fruits and veggies.

How do you get more?

More Matters! But it doesn't have to be overwhelming. Try adding one or two fruits or vegetables to your meals or snacks everyday.

Here are some other great tips with an easy to remember acronym: TASTE

T-Try something new at every eating occasion.



- Try new recipes that include fruits and veggies or make up your own.
- Add shredded carrots to your casseroles, chili, lasagna, meatloaf or soup.
- Make a fruit smoothie for breakfast, add veggies to an egg burrito or put a new fruit on top of your favorite cereal.
- Use leftover veggies for a salad, or add them to a favorite can of soup. Try making a fruit salsa with yesterday's fruit.
- Keep bite-sized fruits and veggies on hand for on-the-go snacks. Try boxes of raisins, fresh grapes, dried fruit trail mix, carrot and celery sticks or make your own frozen 100% fruit pops.

A-All forms of fruits and veggies count!

- There are Five Fab Forms of fruits and veggies– fresh, frozen, 100% juice, canned and dried – which are all packed with nutrients for better health and energy.
- Prepare fruits and veggies in different ways- steamed, slow-cooked, sautéed, stir-fried, grilled, poached and even in the microwave.
- Frozen and canned fruits and veggies can be a good alternative to the fresh form! Look for canned fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.
- While 100% juice can count towards your intake, most of your choices should be whole or cut-up fruits (fresh, frozen, canned, or dried). These fruit choices are better options because they contain dietary fiber.



S-Shop smart!

- If you find that fruits and veggies spoil before you can use them up, try buying fresh produce and use within three or four days. Buy canned, frozen, and dried to use later in the week or if time is limited.
- Store produce in the crisper drawer of the refrigerator (except bananas, tomatoes and potatoes) to stay fresh longer.
- Fresh produce is more affordable when it is in season. Also, look for weekly specials on fresh, frozen, canned, and dried fruits and veggies.
- At a restaurant, always ask what vegetables, including salads, are available as substitutes for high-fat side orders.



T-Turn it into a family activity!

- Have a shish-kabob or homemade pizza night, where the kids get to make their own healthy choices.
- Kids are more likely to eat their veggies if they help with shopping and cooking. Talk about shape color and whether the fruit or veggie comes from “a tree or in the ground?”
- If there is a farmer’s market nearby, check it out! It will be a fun trip for the kids, and the produce should be very fresh and cheap!



E-Explore the bountiful variety

- For some families, it can be tough to find fruits and veggies that everyone likes. Use salad bars, buffets, or family gatherings to try new fruits and veggies. There are more than 350 varieties of fruit and veggies to choose from!
- Visit www.fruitandveggiesmorematters.org for great serving ideas, tips and information on all your favorites, plus ideas for fruits and veggies you’ve always wanted to try, but never knew how to make!



Now look at what you and your kids ate yesterday. How can you add one more fruit or vegetable in the day? What about 2 or 3?



Remember that fruits and vegetables are only good for you if you eat them!

Fruit and Vegetable Graphic CD. Distributed by CDC, 2006.

Fruits & Veggies—More Matters. TASTE Tips and Information for Moms. Available at <http://www.pbhcatalog.com/acatalog/sitemap.html>. Accessed on February 27, 2008.

Produce for Better Health. Fruits & Veggies—More Matters. Available at <http://www.fruitsandveggiesmorematters.org/>. Accessed on February 27, 2008.



Please answer these questions and bring this sheet with you on your next WIC visit!

What are three benefits of eating fruits and vegetables?

- 1.
- 2.
- 3.

Name a fruit or vegetable that is a good source of vitamin A.

What does TASTE stand for?

- T-
- A-
- S-
- T-
- E-

What are some things that you can do to get your child to eat his/her vegetables?

Name one step you are going to take to add more fruits and vegetables into your diet.