

# Fruits and Vegetables..... Good for You!

## Focus on Fruits



## Vary Your Veggies

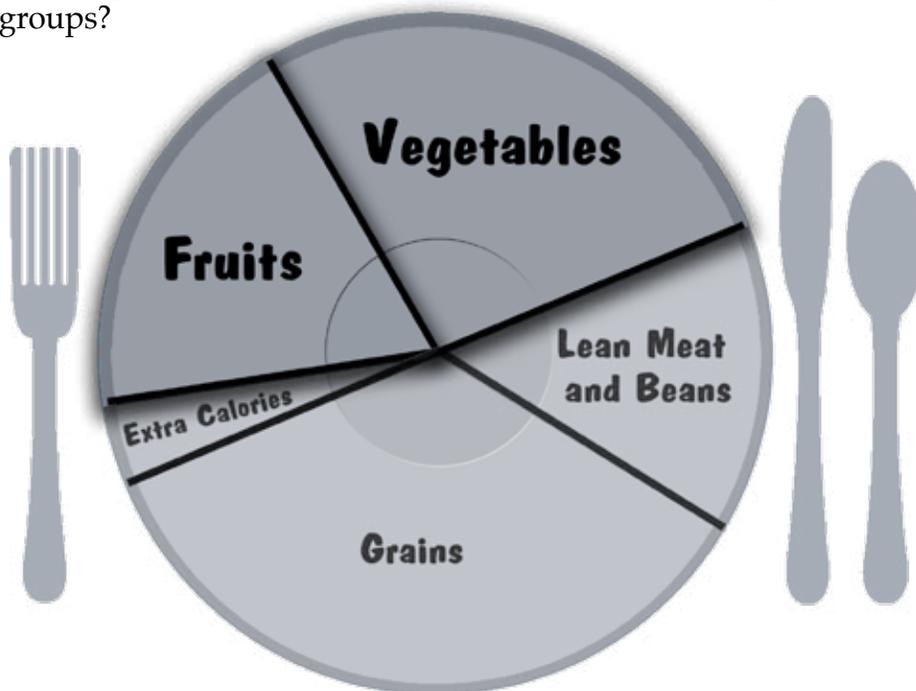
### Why are fruits and vegetables good for me?

They are loaded with nutrients that...

- Provide energy
- Help reduce or prevent many health problems such as high blood pressure, heart disease and diabetes
- Help keep a healthy weight  
(They are low in fat and calories and high in fiber.)

### But how much do I need for energy and good health?

Think about the foods you eat everyday. Ask yourself, am I choosing almost half of my foods from the fruit and vegetable groups?



**It's simple..... Fill half your plate with fruits and vegetables and you're on the way to a healthier you!**

### Do Different People Need Different Amounts of Fruits and Vegetables?

Yes. Here are recommended daily amounts. Remember, these are only guidelines. Some people need more if they are really active.

#### Fruits

	Age	Amount
Children	2-3	1 cup
	4-8	1-1 <sup>1</sup> / <sub>2</sub> cups
Girls	9-18	1 <sup>1</sup> / <sub>2</sub> cups
Women	19-30	2 cups
	31+	1 <sup>1</sup> / <sub>2</sub> cups
Boys	9-13	1 <sup>1</sup> / <sub>2</sub> cups
	14-18	2 cups
Men	19+	2 cups

#### Vegetables

	Age	Amount
Children	2-3	1 cup
	4-8	1 <sup>1</sup> / <sub>2</sub> cups
Girls	9-13	2 cups
	14-18	2 <sup>1</sup> / <sub>2</sub> cups
Women	19-50	2 <sup>1</sup> / <sub>2</sub> cups
	51+	2 cups
Boys	9-13	2 <sup>1</sup> / <sub>2</sub> cups
	14-18	3 cups
Men	19-50	3 cups
	51+	2 <sup>1</sup> / <sub>2</sub> cups

For more information, contact your local Extension Office; or go to: [www.MyPyramid.gov](http://www.MyPyramid.gov)

**Fruits and Vegetables** — They're sweet or tart. Crunchy or soft. Fresh, canned, dried or frozen. They're easy to serve, and even easier to eat. Fruits and veggies – they make a better snack. And, you'll love them! Pick a better snack. How easy is that? Focus on Fruits and Vary your Veggies at snack time! Here are some ideas.....

**Use a Blender:**

- Combine fresh, frozen or canned fruit with low fat yogurt to make a smoothie.

**Count on Convenience:**

- Stock up on frozen vegetables. They are easy to cook in the microwave and make great additions to soup. Have a cup of soup with extra vegetables for a snack.
- Take advantage of bagged salads. Top with a little low fat or fat free dressing.
- Keep canned fruit in the fridge to use as the start of a fruit salad. Choose fruits canned in juice, water or light syrup.

**Buy in Season:**

- Apples and pears are plentiful in the fall. Eat them just as they are for sweet and juicy snacks. Or, try them dipped in low fat yogurt or pudding.
- Watch for sales on canned fruits and vegetables. Sprinkle a little cinnamon on top of applesauce for a snack. Replace some of the milk with canned pumpkin when making instant pudding, pancakes or muffins.

**Keep it Safe:**

- Wash fresh fruits and vegetables before preparing or eating them. Under clean, running water, rub fruits and vegetables with your hands to remove dirt. Dry after washing.
- Keep fruits and vegetables separate from raw meat, poultry and seafood in the grocery shopping cart and at home in the refrigerator.
- Wash the lid of canned fruits and vegetables before opening them. Wash the can opener after each use.

**Three Bean Bake**

*A new twist to baked beans!*

**Ingredients:**

- 1 (15-ounce) can Great Northern beans, drained
- 1 (15-ounce) can pork and beans
- 1 (15-ounce) can light or dark kidney beans, drained
- ½ cup ketchup
- ½ cup brown sugar
- 1 tablespoon minced onion

**Directions:**

1. Preheat oven to 350 degrees.
2. Combine all ingredients in large baking dish that has been sprayed with cooking spray.
3. Bake uncovered 30 to 40 minutes, stirring twice during baking.

*Serves 10*

**Helpful Hints:**

Try spicy chili beans instead of pork and beans for a dish with even more zip! Or add cooked ground beef or ham for a main dish kids will gobble up.

*Nutrition Facts: One 1/2 cup serving provides 170 calories, 1g total fat, 5mg cholesterol, 440mg sodium, 34g total carbohydrate*

For more information about this recipe and other fun recipes, visit the website at:

[www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)



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This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local SRS office or call (800)221-5689.

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