

Family Nutrition Program in Pasco

Nutritious Nibbles of Information

March 2009

Family Nutrition
Program



PASCO COUNTY

Fruits & Veggies—More Matters



Have You Heard These New Buzz Words?

This is the catch phrase of a new campaign to help convince consumers to increase their consumption of fruits and vegetables to improve their health. Most people do not eat the recommended 5 to 9 or more servings a day (2 ½ to 5 cups for adults). These amounts are based on *MyPyramid* and take into account age, gender and physical activity.

It is important to eat fruits and vegetables because they contain fiber (help promote healthy bowel function), phytochemicals (help strengthen the body's immune system), vitamins and minerals (help protect from heart disease, stroke, some types of cancer). Fruits and veggies are rich in different nutrients so you need to eat from the entire color spectrum (red, orange, yellow, green, blue, purple, white).

Top Ten Reasons to Eat More

10. Color and texture. Fruits and veggies add color and texture and appeal to your plate.
9. Convenience. Nutritious in any form—fresh, frozen, canned, dried and 100% juice, so they are ready to eat when you are!

8. Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
7. Low in calories. Fruits and veggies are naturally low in calories.
6. May reduce risk of disease. Eating plenty of fruits and veggies may reduce the risk of many diseases including heart disease, high blood pressure, and some cancers.
5. Vitamins and minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. Variety. Fruits and veggies are available in an almost infinite variety...there's always something new to try!
3. Quick, natural snack. Fruits and veggies are nature's treat and easy to grab for a snack.
2. Fun to eat! Some crunch, some squirt, some you peel...some you don't, and some grow right in your own backyard!
1. They taste great!



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call toll-free 1-866-762-2237 or visit www.dcf.state.fl.us/ess.

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Top Ten Ways To Get Kids Involved



10. Mean green cleaning machine. Let them wash fruits and vegetables when preparing for cooking and eating.

9. Pick a peck! When shopping, let them select a new fruit or vegetable to try...or several!
8. Make it snappy! Let them snap the green beans, snap peas, or break the flowerets from the broccoli or cauliflower.
7. I spy! Play "I spy" in the produce section when grocery shopping.
6. Tear it up! Let them tear the lettuce for salads and sandwiches.
5. Measure up! Let them measure the frozen vegetables before cooking.
4. Peel and slice. Older children can peel and slice carrots, cucumbers, potatoes...the list goes on!
3. Stir and spice. Make applesauce from fresh apples. Let them help stir and add the cinnamon.
2. A sprinkle a day. Let them sprinkle herbs or other seasonings onto vegetables.
1. Monster mash! Pull out the potato masher!

Encourage Children to Lend A Hand

If you give them a chance, children will pick healthy fruits and vegetables over less nutritious choices. Teachers,

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parents and other caregivers need to serve as good role models and encourage children to try new foods.

Involving children in shopping for groceries, cooking family meals, eating together and even gardening will help create interest in fruits and vegetables.



Simple Recipe Ideas

Fruits

Fresh fruit is great to eat plain, but you can also cut it into pieces and add low-fat vanilla yogurt or non-dairy whipped topping. Another option is to add more crunch by adding low-fat granola.

Try a refreshing fruit smoothie with bananas, strawberries, low-fat yogurt, orange juice and crushed ice in a blender.

Veggies

Coat sliced eggplant, squash, zucchini, and/or peppers with olive oil and 1 teaspoon salt-free herb blend.

Roast on the grill or in the oven at 425 degrees F. for 30-40 minutes.

Instead of French fries, make oven-baked sweet potato slices. Coat lightly with olive oil and sprinkle with cinnamon. Bake at 425 degrees F. for 30-40 minutes.

For more information on selection/storage/cooking tips and recipes, visit the Fruits and Veggies—More Matters Web site at <http://www.fruitsandveggiesmorematters.org/>

Information in this newsletter was adapted from the above Web site; DHHS & FDA's Quick Information for Your Health: Eating for A Healthy Heart; and UF/IFAS-EFNEP Family Nutrition in Action: Keep Your Heart Healthy
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