

VEGETABLES AND FRUITS

5 FORMS



Fresh



Canned



Dried



Frozen

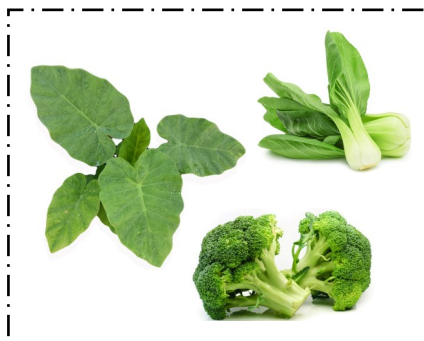


**100%
Juice**

What are some other vegetables and fruits that come in these different forms?

VEGETABLES

- Provide vitamins, minerals, and fiber
- Low in fat and calories
- Add nutrients, flavor, and color to our diets
- Fresh vegetables lose vitamins the longer they are stored.
 - ◊ Use the fresh vegetables first, then use canned or frozen ones.
 - ◊ Try to include dark green and red-orange vegetables in your meals.



Dark Greens



Red and Orange



Other

TRY THESE VEGETABLE TIPS!

- Clean and cut up fresh vegetables for quick snacks.
- Cut vegetables just before cooking or serving.
- Store leftover vegetables in a clean container in the fridge.
- When storing leafy greens, remove decayed leaves to prevent further spoilage.
- Add cut up veggies into soups, chili, salads, and smoothies.



FRUITS

- Most fruits are low in fat and high in carbohydrates.
- Are naturally sweet and make great snacks and desserts
- Add nutrients, flavor, and color to meals
- Unpeeled fruits and dried fruits provide fiber. Fiber aids digestion and overall health.



How many cups should an average healthy person eat every day?

VEGETABLES	
9 to 13 years old	1 ½ to 3 ½ cups
14 to 18 years old	2 ½ to 4 cups

FRUITS	
9 to 13 years old	1 ½ to 2 cups
14 to 18 years old	1 ½ to 2 ½ cups



A baseball = about 1 cup

Amount of fruit that counts as ½ cup-equivalent.



1 small orange
(about 2½" diameter)



½ cup of strawberries



¼ cup of raisins



½ cup of fruit cocktail



½ cup of 100% orange juice
(4 fluid ounces)

Amount of fruit that counts as 1 cup-equivalent.



1 small apple
(2¼" diameter)



1 large banana
(8" to 9" long)



1 medium mango
(4 ¾" wide)

Buying and Storing Fruit

- Eat fresh fruits when in season and store in the refrigerator after they ripen.
- Choose canned fruits in 100% juice.
 - ♦ Avoid "heavy syrup".
 - ♦ Choose ones with "No Added Sugar".
- Store canned and dried fruit in a cool, dry place.
- Fruit drinks and fruit blend cocktails are not 100% fruit juice.
 - ♦ Check the label. These have sugar and water added.



INGREDIENTS: WATER, SUGAR, PASSION FRUIT JUICE CONCENTRATE, NATURAL ORANGE FLAVOR, CITRIC ACID, ORANGE JUICE CONCENTRATE, ANNATTO (COLOR) AND ASCORBIC ACID (VITAMIN C).



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VEGETABLES AND FRUITS

What is one specific change you can make in your daily routine to include more vegetables and fruits, and how will you stick to it?
