

# Food Facts

Sensible Nutrition for Healthy Families

## More Matters!

Most Americans do not eat enough fruits and vegetables, despite all of the great health benefits. *Fruits and Veggies- More Matters* is a campaign to help people eat more fruits and vegetables. They have great recipes, tips and information. Check out their websites:

For Parents: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

For Kids: [www.foodchamps.org](http://www.foodchamps.org)



## It's All Good

It doesn't matter if your fruits and vegetables are fresh, frozen, canned, dried, or 100% juice...it all counts! Most canned and frozen fruits and vegetables are processed quickly after harvest, so their flavor and nutrients are preserved. Choose fruit canned in juice and rinse canned vegetables before use. With hundreds of options to make fruits and vegetables easy to store and serve, there's bound to be something for everyone to enjoy!

## Simple Solutions

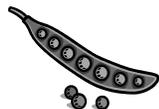
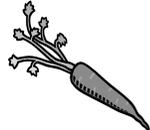
Try these easy ways to fill your day with fruits and vegetables:

- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.
- Have some fruit as a midmorning snack.
- When serving yourself, try to make fruits and vegetables about half your plate.
- Keep a pre-washed bowl of fruit on the counter.
- Keep cut-up veggies around to snack on, like carrot or celery sticks.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."
- Add frozen vegetables to a casserole or pasta. Try broccoli, peas, and corn.
- Ask for more vegetable toppings (like broccoli and spinach) and less cheese on your pizza.

# Top 10 Reasons to Eat More Fruits and Veggies

10. **Color & Texture.** Fruits and veggies add color, texture and appeal to your plate!
9. **Convenience.** Healthy in any form - fresh, frozen, canned, dried and 100% juice, so they're ready 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 Disease Risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5. **Vitamins & Minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. **Variety.** With so many different kinds of fruits and veggies available...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. **Taste Great!**

Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)



## Eat Your Colors!

For maximum health benefits, eat from all the color groups: red, orange, blue/purple, white/brown and green.

The benefits of eating plenty of fruits and vegetables from all the color groups include:

- A Lower Risk of Some Cancers
- Stronger Bones and Teeth
- Vision Health
- Heart Health
- Healthy Immune System
- Healthy Aging

## Easy Vegetable Stir-Fry

Serving Size: 1 cup

Yield: 4 servings

### Ingredients:

- 2 cups brown rice, cooked
- 2 Tablespoons vegetable oil
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1 package (10 ounce) frozen vegetables
- 1 Tablespoon soy sauce
- dash of pepper

### Instructions:

1. Make 2 cups of cooked brown rice. Use the package directions to make the rice.
2. Chop 1/2 cup of celery and 1/4 cup of onion.
3. Heat the oil in a skillet or large frying pan.
4. Add the celery and onion. Stir fry for 2 minutes.
5. Add the vegetables to the pan. Keep stirring the vegetables until they are almost tender.
6. Add the cooked rice.
7. Sprinkle with soy sauce and pepper.
8. Stir fry for 2 minutes until the rice is heated and the flavors are blended.

### Nutrients per serving:

- 210 Calories, 7g fat, 0mg cholesterol, 290mg sodium,
- 33g carbohydrate, 5g fiber

