

EAT MORE FRUITS AND VEGETABLES FOR HEALTH



Fruits and vegetables are a source of carbohydrates along with important vitamins, antioxidants, phytochemicals and fiber, while being low in calories. They vary in the type of nutrients they provide. Some are rich source of vitamins A and C, fiber, phytochemicals or antioxidants.

The Food Guide Pyramid recommends eating three to five servings of vegetables and two to three servings of fruits each day.

Foods High In Vitamin C	
<i>Choose at least one serving each day of these foods.</i>	
Asparagus	Mustard greens
Bok choy	Orange
Broccoli	Papaya
Brussels sprouts	Peppers
Cabbage	Pineapple
Cantaloupe	Plums
Cauliflower	Potato
Grapefruit	Spinach
Honeydew	Strawberries
Kale	Tomato
Kiwi fruit	Turnip greens
Mango	Watermelon

Foods High In Vitamin A	
<i>Choose at least one serving each day of these foods.</i>	
Apricots	Mango
Bok choy	Mustard greens
Broccoli	Papaya
Cantaloupe	Pumpkin
Carrots	Spinach
Collards greens	Squash
Kale	Sweet potato
Lettuce—romaine, red and green leaf	Tomato
	Turnip greens

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Tips To Increase Daily Intake Of Fruits And Vegetables

- Take a piece of fruit to work with you for a snack.
- Start the day with a glass of juice instead of the second cup of coffee.
- Include a fresh green salad with at least one meal each day.
- Package fresh vegetables in small baggies for a convenient snack or in addition to lunch.
- Keep fruits and vegetables ready to eat and easily accessible in the refrigerator and cabinets.

Try this recipe for a great taste treat!

MARINATED VEGETABLE SPINACH SALAD

MUSTARD TARRAGON

MARINADE:

- 1 Tbsp. Dijon mustard
- 3 Tbsp. red wine vinegar
- 1 1/2 tsp. dried tarragon
- 1 Tbsp. olive oil

SALAD INGREDIENTS

- 8 oz. fresh mushrooms, quartered

- 16 cherry tomatoes, halved
- 2 slices purple onion, separated into rings
- 4 cups fresh spinach leaves, washed and stems removed
- 3 slices (3 oz.) light mozzarella cheese cut into julienne strips
- Freshly ground black pepper

Prepare Marinade by combining first three ingredients and slowly whisking oil into mixture until slightly thickened; set aside. Place mushrooms, onion and tomatoes in a bowl. Toss with Marinade and let stand 15 minutes. Meanwhile, wash and dry spinach leaves. Arrange on 4 individual serving plates. Divide marinated vegetables between plates and top each salad with cheese and fresh ground pepper.

Yield: 4 servings

Nutrition Information per Serving

Calories 170	Carbohydrate 19 gm
Total Fat 6 gm	Fiber 9 gm
Saturated Fat 2 gm	Sugar 6 gm
Cholesterol 2 mg	Protein 15 gm
Sodium 500 mg	
Exchanges Per Serving: 1 Medium Fat Meat, 3 Vegetables and 1 1/2 Fat	

