



Eat a Variety and More Fruits and Vegetables!



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Wisconsin WIC Program

February 2009

Test Your Fruit and Veggie IQ

- True or False Eating more fruits and veggies can help control weight
- True or False Canned/frozen fruits and veggies are nutritious
- True or False A handful of grapes is 'Anytime' food



Look ahead and find:



The health benefits of fruits and veggies



How to add more and a variety of fruits and veggies into your family's diet



The difference between 'Anytime' and 'Sometime' foods

Why Should your Family Eat a Variety of Fruits and Vegetables?

Besides the terrific colors and fantastic flavors, fruits and vegetables can:

- Control your weight
- Lower your risk of stroke, heart disease, and high blood pressure
- Reduce the risk of type 2 diabetes
- Lower your risk of certain types of cancer



Get Your Family to Eat a More Fruits and Vegetables



- Add fruit to your cereal, low-fat or fat-free yogurt, or oatmeal
- Snack on fruit during the day. Grab an apple, banana, or some grapes
- Make fruits and vegetables half your plate
- Snack on raw veggies with a healthy low-fat or fat-free dip

Eat a Rainbow of Fruits and Vegetables

When it comes to fruits and vegetables think **COLORS** and remember *More is Better.*

Eat fruits and vegetables in a variety of colors red, dark green, yellow, blue, purple, white, and orange.

Mixing things up provides a lot of different nutrients.



Each of these snack choices contains 100 calories or less:



- 1 cup of carrots (45 calories)
- A medium apple (72 calories)
- 1 cup broccoli (30 calories)
- 1 cup blueberries (83 calories)
- A medium banana (100 calories)

Quick and Easy Snack Ideas

- **Ants on a log** - spread peanut butter on celery sticks and top with raisins (for children over 3)
- **Healthy ice pops** - freeze fresh, unsweetened 100% juice in ice pop molds or ice cube trays
- **Smoothie** - mix together some of your favorite fruit of the season or canned fruit and put in a blender with frozen bananas and orange juice
- **Homemade salsa** - mix together tomatoes, corn, onion, peppers, limes, and garlic and eat with fresh vegetables
- **Frozen grapes** - very simple snack for a hot day! Simply wash, cut, and freeze grapes, they can be eaten alone or mixed with other fruit (for children over 3)



Farmers' Markets Offer a Variety of Fruits and Vegetables by Season



Strawberries

Mid-June – Mid July



Sweet Corn

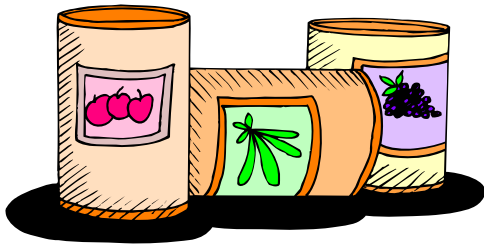
Mid July – September



Apples

September - October

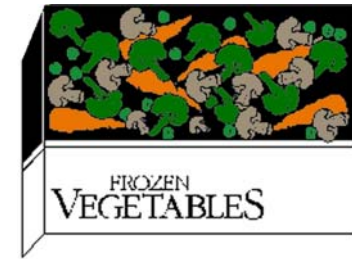
Which Fruits and Vegetables are Best?



Canned



Fresh



Frozen

The best fruits and vegetables are the ones you will eat.

All forms are nutritious!

Fresh, Frozen, Canned

It's all good!

When it comes to good nutrition, all forms of fruits and vegetables matter—fresh, frozen, and canned.



- Most frozen and canned foods are processed within hours of harvest, so their flavor and nutritional value are preserved.
- Canned foods are "cooked" prior to packaging, so they're recipe ready.
- Frozen foods also require little preparation—washing and slicing, for instance, is already done.

'Anytime' and 'Sometime' Foods



A great way to help your child learn about different types of food is explaining the idea of 'anytime' and 'sometime' foods.

An **'Anytime'** food is something we can eat everyday, such as fruits and vegetables in all colors, whole grains, lean meats, low fat milk, and water.

'Sometime' foods are high in sugar, fat, or salt – that's why we should only eat them once in awhile. They are foods such as cookies, candy, chips, and soda.

Test Your Fruit and Veggie IQ

True or False Eating fruits and vegetables can help control weight

True or False Canned/frozen fruits and veggies are nutritious

True or False A handful of grapes is 'Anytime' food



All statements are TRUE!

- TRUE - A diet full of fruits and veggies can help reduce the risk of heart disease, stroke and obesity.
- TRUE - Fruits and vegetables that are frozen or canned are just as nutritious as fresh.
- TRUE - All fruits are great 'Anytime' foods!

