

## Vegetable Pizza

**Serving Size:** 1/8 of recipe  
Number of Servings: 8

### Ingredients:

3/4 cup pizza sauce  
1 large pizza crust  
1 cup chopped broccoli  
1 cup shredded carrots  
1/2 cup sliced red or green bell pepper  
5 ounces shredded low-fat mozzarella cheese

### Instructions:

1. Preheat the oven to 450 degrees.
2. Spoon pizza sauce on pizza crust.
3. Put pizza crust on a baking sheet. Spread vegetables over sauce. Sprinkle on the cheese.
4. Bake for 10 minutes.
5. Cool pizza for 3 minutes before slicing. Cut into 8 wedges.

### Nutrition Information:

Calories:	90
Fat:	4.5 g
Protein:	6 g
Carbohydrate:	9 g
Fiber:	1 g
Sodium:	210 mg
Cholesterol:	10 mg

Source: It's So Easy Contra Costa Health Services; California 5 A Day



## Best Buys for fruits & veggies

- Shop for fruits and vegetables when they are in season and usually cost less.
- Farmers' markets are a great place to buy low-cost, fresh produce.
- Frozen or canned fruits and veggies are a healthy choice. But watch out for added salt and sugar! Drain and quickly rinse canned vegetables to lower the salt. Buy fruit canned in its own juice.
- Buy frozen 100% fruit juice concentrate. Make your own juice just by adding water. It doesn't take much time, and it's less expensive than buying juice in a carton.



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# Choose to Treat Yourself Right



## Eat a Variety of Fruits and Vegetables



UNIVERSITY OF ARKANSAS  
DIVISION OF AGRICULTURE

# 3 Easy ways to eat more fruits and vegetables.

## 1. Know how much you need every day.

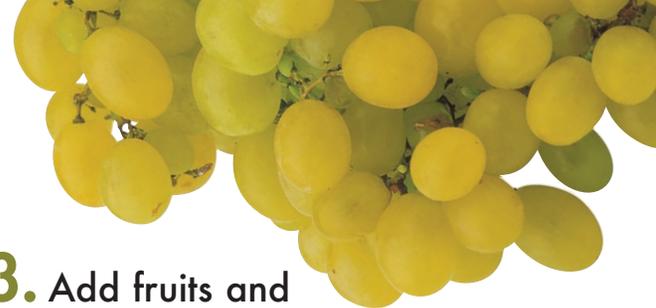
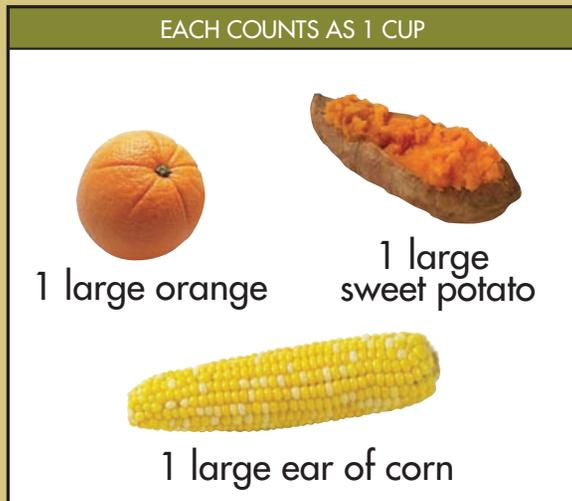
Women		
AGE	FRUITS	VEGETABLES
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups

Men		
AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2½ cups

Girls		
AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups

Boys		
AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups

## 2. Learn what 1 cup and ½ cup look like.



## 3. Add fruits and vegetables into your day as part of a healthy diet.

- Add some fruit to your cereal.
- Snack on fruit during the day. Grab an apple, banana, or some grapes on your way out the door.
- Eat a big salad for lunch.
- Make fruits and vegetables about half of your plate.
- Snack on raw veggies with a healthy low-fat or fat-free dip.
- Have two vegetables with dinner and eat fruit for dessert.

