

## 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.



Printed by University of Arkansas Cooperative Extension Service Printing Services.

*United States Department of Agriculture, University of Arkansas, and County Governments Cooperating*

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, political beliefs, disability, marital or veteran's status or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local County Extension office or the Department of Health and Human Services Food Stamp office.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

# 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.


EACH COUNTS AS 1 CUP



1 large orange




1 large sweet potato




1 large ear of corn


EACH COUNTS AS ½ CUP



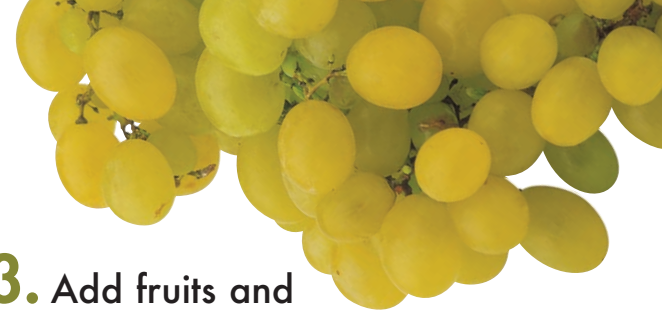
16 grapes



6 baby carrots



4 large strawberries



## 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.

