

RIGHT BITE

YOUR NEWSLETTER
FOR BETTER EATING

EAT YOUR COLORS | FCS209



FRESH, CANNED, OR FROZEN

Eating plenty of colorful fruits and vegetables every day is an important part of being healthy. This is because deeply colored fruits and vegetables contain a wide range of vitamins, minerals, fiber and other natural plant compounds that have many health benefits.

- Lower risk of some cancers
- Maintain or improve heart health
- Strengthen bones and teeth
- Boost your immune system
- Maintain vision health
- Age healthfully

SNEAKY NUTRITION

Simple swaps or additions can help you meet the amount of fruit and vegetables needed each day.

- ✦ Instead of a milkshake, make a smoothie using frozen fruit and low-fat yogurt.
- ✦ Add frozen mixed vegetables to canned or dried soup.
- ✦ Snack on carrot or celery sticks.
- ✦ Add apples, raisins or pineapple chunks to salads like chicken, tuna or pasta.

Pursuant to 7 CFR § 15.3, the University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services (including employment) without regard to race, color, sex, national origin, religion, age, disability, marital or veteran status, genetic information, sexual preference, pregnancy or any other legally protected status, and is an equal opportunity institution. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

HOW TO EAT MORE FRUITS AND VEGETABLES

Eating a variety of fruits and vegetables ensures our daily diets are full of nutrients and limited in added sugars, saturated fat, and sodium. To add more fruits and vegetables to your day, start with these tips:

- ✦ **Keep healthy options handy.** Keep nutritious snack options, such as fruits and vegetables, visible and within reach in the fridge or on the counter for a convenient anytime snack.
- ✦ **Be prepared.** Fresh fruit and vegetables makes a great go-to snack when you are looking for a quick treat. Wash and cut up produce and place in a bowl in the refrigerator so it's visible and within reach.
- ✦ **Include fruit at breakfast.** Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.
- ✦ **Snack on fresh vegetables** you've pre-portioned into reusable containers so they're ready to grab-and-go. Try dipping broccoli, zucchini sticks, or baby carrots in hummus, guacamole, or a low-fat yogurt sauce.
- ✦ **Make it a combo.** Combine food groups to build satisfying snacks: yogurt and berries, apple with nut butter, or whole grain crackers with turkey and avocado. Be creative!

SHOP SMART TO SAVE MORE

Buy fresh fruits and vegetables in season. Most are available all year. Although, when in season, the prices are lower and they taste better.

Buy the economy (or family-sized) packs only if you can use that much. There's no savings if food spoils and has to be thrown away. For foods that are frozen, take time to repackage into smaller amounts in freezer bags and store for later use.

Buy frozen 100% fruit juice concentrate, then add water. It doesn't take much time, and it's a lot less expensive than buying juice in a carton.

