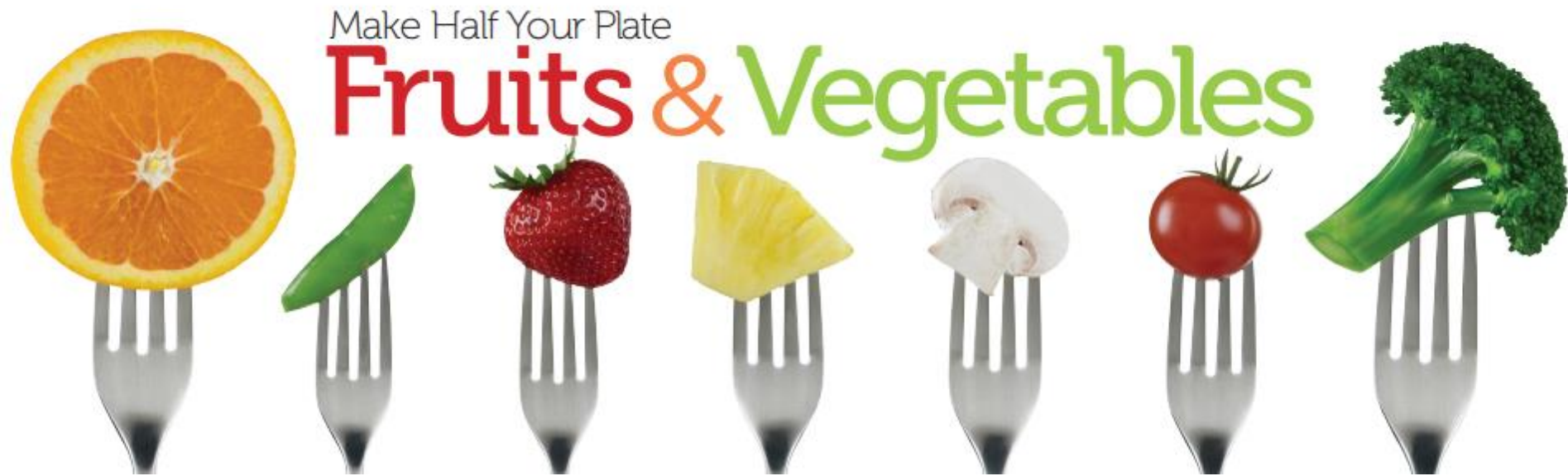


Fruits and Vegetables

ADD SOME COLOR AND NUTRITION TO YOUR MEAL!

Presented By: **Eat to Live** in partnership with





Fruits and Veggies:

Are packed with important **nutrients**

And they have lots of **fiber** too

Eating lots of fruits and veggies will make you feel full and satisfied!

Fill half your plate with fruits and veggies to get all the nutrients you need.

Eat your vegetables!

Vegetables are
really, really, really
good for you.

Don't believe me?

Well let's see what the USDA
says about vegetables:

- Most vegetables are naturally low in fat and calories. None have cholesterol
- Vegetables are low in sodium
- Vegetables are great sources of important nutrients like:
 - Potassium and magnesium
 - Dietary fiber
 - Vitamins A, B, C, and K
 - Antioxidants



Eat your vegetables!



- All those good nutrients from vegetables have lots of health benefits
- Eating a diet rich in vegetables:
 - Reduces the risk for heart disease
 - Helps lower blood pressure
 - Protects against certain types of cancer
 - Reduces the risk of developing Type 2 Diabetes
 - Helps you loose weight!



How do I add more fruits and veggies into my diet?

Start to add more good for you fruits and vegetables by following a few simple steps:

- 1) Fill your plate with colorful foods
- 2) Choose fruit for desert
- 3) Add veggies whenever you can
- 4) Give your taste buds time to get used to new foods



Fill your plate with colorful food

Chew on this:

Most processed food or fast food is one color – **brown**.

- Fried chicken and gravy → **brown**
- Hamburger and fries → **brown**

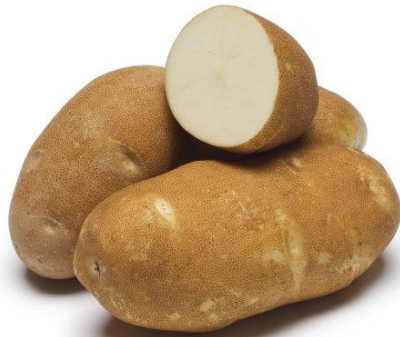
Ick!

I don't know about you, but I want my food to *look as good as it tastes*.



Fill your plate with colorful food

Color = Nutrients



- Different colored foods have different vitamins.
 - Dark green vegetables have more vitamin K
 - Orange vegetables have more vitamin A
 - Eat a variety of colors to get all the nutrients you need
- Choose the most colorful fruits and veggies you can find
 - Try sweet potatoes instead of white potatoes
 - Choose romaine or spinach instead of iceberg lettuce



Choose fruit for desert

We all love cookies and ice cream but replacing those high sugar, high fat deserts with fruit helps us cut back on calories and get the nutrients we need!

- Replace ice cream with a delicious fruit smoothie
- Try apples dipped in peanut butter for a fun treat
- Enjoy a bowl of berries with a dab of whipped cream for a light desert



Add veggies to everything you can think of!

- Top your pizza with fresh peppers, onions, and tomatoes
- Grill up some veggie kabobs to eat with your chicken
- Add spinach, peppers, and zucchini to your omelet
- Try replacing your hamburger with a black bean burger (that's right, beans are vegetables too!)
- Keep veggies in the fridge to have as an afternoon snack
- Start your meal with a salad to make sure you get those veggies in before you're full!



Preparing Vegetables

Veggie	Basic Recipe
Roasted Garlic Broccoli and Cauliflower	Preheat oven to 400 F. Chop broccoli or cauliflower into bite sized pieces. Toss with olive oil to coat and sprinkle with garlic powder. Spread into a single layer on a foil-lined baking sheet. Don't crowd the pan or your veggies won't get crispy – use 2 baking sheets if you have to! Bake 15-20 minutes. Sprinkle with salt and enjoy.
Griddle Lemon Pepper Asparagus	Heat olive oil in a griddle pan over medium heat. Trim the bottom one to two inches off the asparagus (not the tip side!). Place asparagus on griddle pan and drizzle with olive oil. Sprinkle with pepper. Cook for about 7 minutes until asparagus just begins to darken on one side. Squeeze juice from ½ a lemon over asparagus. Toss or stir asparagus and allow to cook 5 more minutes.
Sauteed Greens (Kale, Swiss Chard, Collards, etc)	Remove and discard thick stems. Chop the leaves into bite-sized pieces. Heat 2 tablespoons of olive oil per pound of leafy greens in a skillet over medium heat. Add greens and 2 tablespoons of minced garlic per pound of greens. Cook until greens wilt, about 4-7 minutes. Season with salt and pepper, to taste.
Blackened Brussels Sprouts (My favorite!)	Preheat oven to 425 F. Slice bottom stem off spouts and place in over safe pan. Toss with olive oil, salt, and pepper. (You only need a little bit of oil – too much and your sprouts will be soggy.) Bake for 20 minutes, remove from oven and toss or stir sprouts. Return to oven for another 20 minutes. Sprouts are finished when leaves are blackened and sprouts are soft but not mushy.

Vegetarian Meals

Try experimenting with vegetarian entrees packed with vegetables:

- Stuffed peppers with black beans, corn, and onions
- Vegetarian chili
- Scrambled eggs with spinach and broccoli



Give your taste buds time



At first *it might be hard* to replace sweets with fruit.

It might be hard to have carrots instead of a granola bar for your afternoon snack.

It might be hard to fill up your plate with so many vegetable when what you really want is another serving of spaghetti.

But just give it time! Your taste buds will start to adjust and after a few weeks you'll find yourself craving those good for you fruits and veggies!