

Fruits and Vegetables Challenge **QUICK TIPS**

These may seem like simple suggestions, but each small effort helps to increase your consumption of nutritious, delicious fruits and vegetables. Remember, all forms count—fresh, frozen, canned, dried and 100% juice! If you choose to drink 100% juice, limit intake to one cup or less per day. If you choose canned products, look for those that are packed in juice or water.

Use the following list of suggestions to add more fruits and vegetables to your diet. Every time you try one of these tips, count it as ONE point for the day on your Fruits and Vegetables Challenge log. If you eat a fruit or vegetable that fulfills more than one of the tips from this list, count it as one point on your Challenge log sheet.

Anytime

- Eat a red fruit or vegetable (like apples, tomatoes, red peppers, beets or strawberries).
- Eat a white fruit or vegetable (like potatoes, onions, parsnips, cauliflower, bananas or white peaches).
- Eat a yellow/orange fruit or vegetable (like oranges, pineapples, yellow apples, butternut squash, sweet potato, pumpkin or yellow squash).
- Eat a blue/purple fruit or vegetable (like blueberries, grapes, purple cabbage or eggplant).
- Eat a green fruit or vegetable (like spinach, kiwi fruit, green pear, or asparagus).
- Eat one more fruit or vegetable today than you did yesterday.
- Eat fruit for a snack today.
- Eat fruit for dessert today.
- Enjoy vegetable soup for lunch or dinner.
- Try a frozen fruit bar (100% juice) for an evening snack.
- Try one new fruit or vegetable today.
- Visit a local farmer's market, farmer or farm stand and buy at least one fruit or vegetable.

At Home

- Add more fruits and vegetables to a favorite recipe (for example, add vegetables to your favorite pasta, grated carrots or zucchini to meat loaf, or add fruit to a homemade dessert).
- Add vegetables to your soup, rice or pasta at dinner.
- Add vegetables to your sandwich at lunch.
- Cut up vegetables for easy access in your refrigerator.
- Add canned, dried or fresh fruit to your salad (for example, canned mandarin oranges, dried cranberries or fresh apples).
- Eat two vegetables with dinner.
- Enjoy one cup (8 oz) of 100% fruit juice with breakfast.

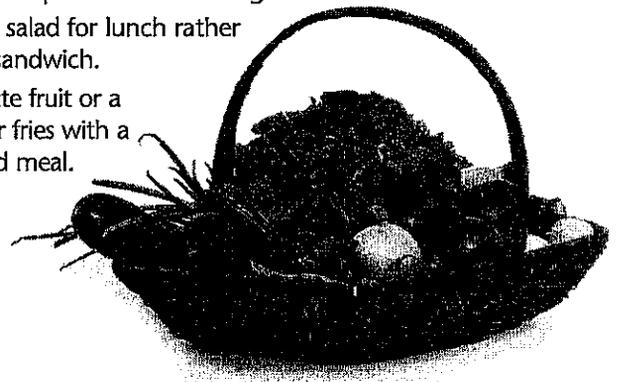
- Make a low-fat dip (like black bean dip, hummus, or salsa) to accompany raw vegetables.
- Make a smoothie with frozen or fresh fruit for breakfast.
- Make a vegetable omelet for breakfast.
- Top your cereal or oatmeal with fresh or dried fruit.
- Try one new fruit or vegetable recipe today.
- Try a new method for cooking vegetables (for example, grilling, roasting or sautéing).
- Visit the www.fruitsandveggiesmorematters.org Web site and try a new recipe.

At Work

- Bring a bowl of fruit to have on hand and eat a piece when you get hungry at work.
- Bring your lunch to work and include at least two servings of fruits or vegetables.
- Keep a snack bag of dried fruit (like raisins or cranberries) in your purse, brief case or desk at work.

Eating Out

- Ask your server if you can choose vegetables for a side dish with your order.
- Enjoy a side salad with your lunch or dinner.
- Order your pizza with extra vegetables.
- Order a salad for lunch rather than a sandwich.
- Substitute fruit or a salad for fries with a fast food meal.

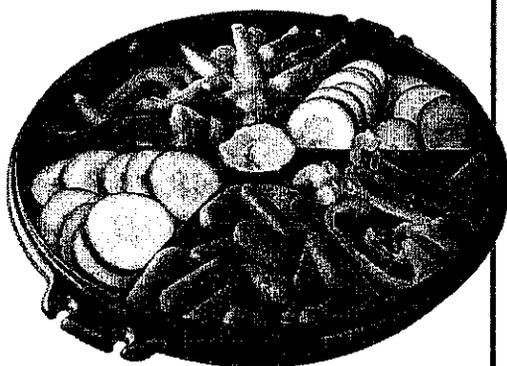


Visit www.MyEatSmartMoveMore.com for more recipes and tips to help you Eat Smart every day!

Fruits and Vegetables Challenge NEWSLETTER

VOLUME 1

*Congratulations for taking the first step to improve your health by joining the **Fruits and Vegetables Challenge!** This newsletter has tips, recipes and resources to help you collect Challenge points and enjoy more fruits and vegetables.*



Tip of the Week

Try something new at every eating occasion.

- Explore new recipes that include fruits and vegetables, or get creative with your own. Add shredded carrots to casseroles, chili, lasagna, meatloaf or soup. Drop berries into hot or cold cereal, pancakes or yogurt. (You get the idea!)
- Be imaginative at breakfast by making fruit smoothies, egg & vegetable burritos, yogurt/fruit mixtures or by simply trying a new fruit on top of your favorite cereal.
- Use leftover vegetables for tomorrow's salad, or add them to a favorite can of soup. Yesterday's fruit can be mixed into a zesty salad dressing, sauce or fruit salsa to accompany meat.
- Keep a variety of bite-sized snacks on hand for on-the-go snacks, such as boxes of raisins, fresh grapes or berries, cut-up fruit or vegetables in ready-to-go containers, dried fruit trail mix and frozen 100% fruit bars. Cherry tomatoes and carrot sticks with hummus can be a tasty vegetable treat.



Recipes of the Week

Recipe source: www.fruitsandveggiesmatter.gov.

Broccoli Baked Potatoes

Preparation Time: 1 hour, 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 2

Ingredients:

- 6 medium Idaho potatoes
- 3 stalks broccoli
- 1/4 cup skim milk
- 1 cup shredded light cheddar cheese
- 1/8 tsp pepper

Directions: Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake at 350°F for 30–60 minutes until done, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese and pepper. Mash together until the mixture is pale green with dark green flecks. Heap into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).

Nutrition Information: Serving Size—1 potato, Calories—210, Total Fat—2 grams, Dietary Fiber—5 grams, Sodium—140 mg.

Kiwi Mango Salsa

Preparation Time: 15 minutes

Number of Servings: 1

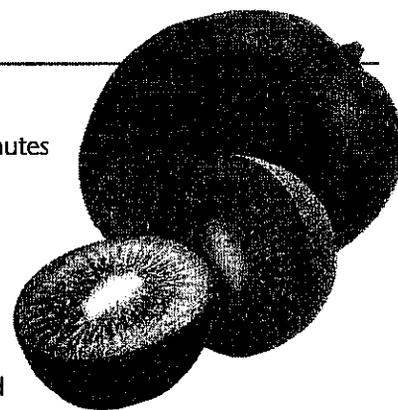
Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 kiwi
- 1/4 cup mango
- 1 Tbsp cilantro, chopped
- 2 tsp lime juice
- 1/2 tsp minced chilies
- pinch of salt

Directions: Peel kiwi, cut into eighths and then dice. Place diced kiwi in bowl and mix gently with other ingredients. As an alternative, substitute 1/4 cup dried figs for the mango.

Nutrition Information: Serving Size—1 recipe, Calories—90, Total Fat—0 grams, Dietary Fiber—4 grams, Sodium—240 mg.



For more ideas and recipes, check out: www.fruitsandveggiesmorematters.org.



Fruits and Vegetables Challenge NEWSLETTER

VOLUME 3

*Congratulations on making it half way through the **Fruits and Vegetables Challenge!** This week's newsletter focuses on helping you shop smarter by filling your grocery cart with lots of fruits and vegetables. While doing your grocery shopping, remember to look through your Challenge "quick tips" for easy ways to score Challenge points.*



Tip of the Week

Shop smart.

- Do you find that fruits and vegetables spoil before you can use them? Consider buying just enough fresh produce to last three or four days. Clean and cut the produce, so it will be ready to use, and eat the most perishable items first. Buy canned, frozen and dried for later in the week. They do not spoil as quickly and can be just as nutritious!
- Store produce in the crisper drawer of the refrigerator (except bananas, tomatoes and potatoes) to stay fresh longer.
- When shopping on a budget, remember that fresh produce is more affordable when it is in season. Look for weekly specials on fresh, frozen, canned and dried fruits and vegetables.
- At a restaurant, always ask if fruit or vegetables, including salads, are available as substitutes for other side orders such as pasta, rice or French fries.



Recipes of the Week

Recipe source: www.fruitsandveggiesmatter.gov.

Strawberry Yogurt Smoothie

Preparation Time: 10 minutes

Number of Servings: 2

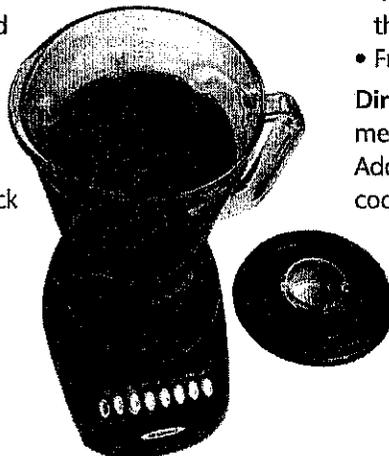
Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1/2 cup unsweetened pineapple juice
- 3/4 cup plain low-fat yogurt
- 1-1/2 cups frozen, unsweetened strawberries
- 1 tsp granulated sugar

Directions: Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

Nutrition Information: Serving Size—1/2 recipe, Calories—140, Total Fat—2 grams, Dietary Fiber—2 grams, Sodium—65 mg.



Skillet Zucchini with Chopped Tomatoes

Preparation Time: 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 tsp whipped light butter
- 1 cup chopped onion
- 4 small (6-in/15cm) zucchini, thinly sliced
- 2 medium tomato, chopped
- Freshly ground pepper

Directions: In a large nonstick skillet, melt butter over medium heat. Add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp.

Season to taste with pepper.

Nutrition Information: Serving Size—1/4 recipe, Calories—50, Total Fat—1 gram, Dietary Fiber—3 grams, Sodium—20 mg.

For more ideas and recipes, check out: www.fruitsandveggiesmatter.gov.



Do you remember loving those orange/vanilla frozen treats as a child? Here's a great fruit salad recipe that will help you get your fruit servings for the day.

"Creamsicle" Fruit Salad

1 package (1.4 ounces) sugar-free and fat-free instant vanilla pudding mix

1 1/2 cups low-fat milk

5 tablespoons frozen orange juice concentrate, thawed

1/2 cup fat-free sour cream

2 cups melon cubes, 2 bananas, sliced, 2 apples, cored and sliced, 2 oranges, peeled and broken into segments, 2 peaches, nectarines or pears, cored and sliced OR your choice of seasonal fruit to make 8 - 10 cups

- Put pudding mix, milk, and orange juice concentrate in mixing bowl and beat on medium speed for 2 minutes. Beat in or mix in sour cream. Place the fruits in a large serving bowl. Pour orange dressing over the top and toss gently to blend. Serve immediately, or cover and keep in refrigerator until ready to serve. Yield: 8-10 cups of fruit salad.

Per cup of fruit salad and dip (if 8 cups per recipe): 162 calories, 4 g protein, 37 g carbohydrate, 1 g fat, 0.4 g saturated fat, 2 mg cholesterol, 3.5 g fiber, 35 mg sodium. Calories from fat: 6%.