

Cooking with Produce

Fruits and veggies add color and flavor to your meals – and a chance to be creative in the kitchen!

Savvy Tips

- Sprinkle veggies with water and zap them in the microwave.
- Make an apple and onion omelet.
- Make a stir-fry of celery, onion and apples. Season with thyme and cinnamon.
- Create a new tuna salad! Add one or two of these: dried fruit, pineapple chunks, apple slices, bamboo shoots, water chestnuts, or bean sprouts.
- Add a handful of fresh or frozen spinach to chicken soup. Heat and serve.
- Mix fresh and dried fruits, steam in the microwave, add cinnamon and serve as a waffle topper.
- Cook extra veggies at dinner. The next day, use the leftovers in an omelet for breakfast, lunch or dinner.
- Cook winter squash with apple and red onion slices.
- Add dried or fresh fruit to your next salad.



Be Prepared

- Greens keep a long time if covered tightly. Wash and dry spinach or lettuce ahead of time so you can make a salad in a flash!
- Store cut-up veggies in the fridge in zipper bags or plastic containers for sandwiches, snacks, or salads.
- Stock up on different canned beans to add to your next soup or salad.
- Buy bags of frozen veggies and berries on sale.
- Keep low-fat salad dressing on hand for a veggie dip.
- If you use only half of an onion or pepper, chop up the rest and freeze it for another day.

Quick Cool Desserts

- Look for frozen mango in your grocery's freezer section. Serve partly thawed.
- For a sweet snack or dessert, wash and freeze grapes.

Ready to Try a New Recipe?

Visit these websites for low fat fruit and vegetable recipes.

- **Centers for Disease Control and Prevention**
www.fruitsandveggiesmatter.gov
- **Fruits & Veggies—More Matters®**
www.fruitsandveggiesmorematters.org
- **NH Fruit and Vegetable Program**
www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies
- **Produce for Better Health Foundation**
<http://pbhfoundation.org>



Invent a Recipe

- Add extra vegetables to pizza, meat loaf, chili, stew, or spaghetti sauce.
- Turn yesterday's stir-fry into today's "soup starter." Add broth or tomato sauce, and a can of beans. Add your favorite seasonings and simmer.
- Invent a new fruit shake! Try different fruits, 100% juices, and low fat yogurts or milk. Ice cubes will make it thicker.

Fruits, Vegetables and Weight

Fruits and Veggies Are Filling

- To lose weight, you must eat fewer **calories** than your body uses. But, this does not mean you have to eat less **food**.
- To cut calories, substitute low-calorie fruits and vegetables for some of the high-calorie ingredients like cheese and meat.
- This works because most fruits and vegetables are naturally low in calories. That's because they are low in fat and high in **water** and **fiber**.
- The water and fiber in fruits and vegetables add **volume**. That means they take up more space on your plate and in your stomach. They are filling. You'll feel more satisfied when you add them to your meals. Research shows that feeling full is one reason people stop eating. It's a stronger factor than how many calories you eat.

Substitution Is Key

- Eat fruits and vegetables **instead** of other higher-calorie foods.
- If you eat fruits and vegetables in **addition** to what you usually eat, you are adding calories – and may gain weight.

Simple Hints

- Eat off a normal-size or small-size plate – not a platter.
- Fill half your plate with fruits and vegetables at every meal.
- Make fruits and vegetables your first choice for snacks.



Cereal Put less cereal in your bowl to make room for cut-up bananas, peaches or berries.

Omelets Substitute spinach, onions or mushrooms for one of the eggs or half of the cheese in your omelet. The veggies will add flavor, color and volume.

French Toast, Pancakes and Waffles Top with chopped fruit or berries and a tablespoon of plain or flavored yogurt.



Sandwiches, Wraps, Burritos Substitute fresh or roasted vegetables for half of the cheese and meat in your sandwich, wrap or burrito. Try adding lettuce, tomatoes, onions, beans, eggplant, mushrooms, or cucumbers.



Soups Add 1 cup fresh, frozen or canned vegetables, to your favorite soup. Try broccoli, carrots, beans, or red peppers.

Side Dishes Serve 1 cup of chopped vegetables instead of 1 cup of rice or pasta. You can use fresh, frozen or canned vegetables. Try broccoli, squash, tomatoes, onion, or peppers.

Snacks

- Choose mostly fruits and vegetables for your snacks.
- One snack-size bag of corn chips (1 ounce) has the same number of calories as a small apple **and** 1 cup strawberries **and** 1 cup of carrots with ¼ cup of low-calorie dip – **all combined!**
- All of these snacks are about 100 calories:
 - 1 medium apple (72 calories)
 - 1 medium banana (105 calories)
 - 1 cup blueberries (83 calories)
 - 1 cup grapes (100 calories)
 - 1 cup steamed green beans (44 calories)
 - 2 tablespoons of hummus (46 calories) with 1 cup of vegetables, such as carrots (45 calories), broccoli (30 calories), or bell pepper (30 calories)



Smart Choices in Times of Change

You're making positive changes. You're eating more fruits and veggies and then you run into a setback. What can you do? The trick is to accept those changes as temporary. Then, get back to eating lots of fruits and veggies as soon as possible. Here are some ways to adjust when life throws you a curve ball.

Illness

Use common sense. Listen to your body. Follow your healthcare provider's advice. And, keep in mind that many fruits and vegetables can still be eaten – even when you are not feeling well. However, if

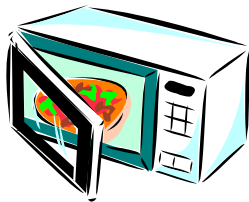


illness has kept you from eating fruits and vegetables, ease back into your routine gradually.

Work Responsibilities

Big projects! Pressing deadlines! Unexpected problems! When you most need to eat right to help you manage stress, other priorities demand your time and attention. Try to find time each day to prepare and eat some fruits and vegetables.

- Dip into your office stash of juices, dried, canned, and frozen options.
- Have some canned applesauce or pineapple rings.
- For a quick meal, open a can of soup, add mixed frozen vegetables and zap it in the microwave.
- Add canned beans to soup or salad.
- Snack on the dried fruit you have stashed in your desk at work – raisins, apples, dates, and apricots.
- Snack on fresh apples, pears, carrots or celery.



Family Responsibilities

Family time is important. But, if you're not happy, you can't bring happiness to others. So take care of yourself first.

- Bring along a bag of fruit to share at the next ball game.
- Kids love pizza – try making one with lots of mushrooms, peppers, and broccoli.
- How about the whole family cooking together? Everyone can help prepare a salad or stir fry – by peeling and chopping the veggies.
- No time to make a salad? Make a quick salad at your grocery's salad bar.
- For dessert, simply top a low fat pudding or ice cream with berries and banana slices.

Vacations and Holidays

A change of routine can give you energy. But be prepared for a change in your eating patterns. With some advance planning you can still get fruits and vegetables into your meals. When you dine out:

- Ask for large vegetable servings.
- For an appetizer, order vegetable juice, soup or salad.
- Include an extra veggie with your meal.
- For holidays:
 - Try a new fruit or veggie recipe.
 - Add veggies to your family favorites.
 - Prepare an extra vegetable.



Eating Away From Home

Americans spend 46 percent of their food dollars on food eaten away from home. Plan ahead so that you don't get caught with French fries as your only option. (Because fries are high in fat, they do not count as part of your fruits and vegetables for the day.)

Stock Up

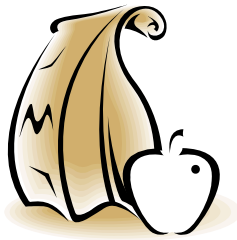
Don't get caught at your desk or in your car with unhealthy snacking options – stock up and carry something with you.

- Buy 100 percent juice in boxes.
- If you have a refrigerator at work, stock up on crisp baby carrots, celery and broccoli florets for an afternoon pick-me-up.
- Keep dried apricots, dates and raisins handy for a mid-morning snack.
- Keep canned applesauce or pineapple rings in your desk along with a can opener.



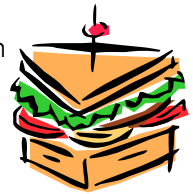
Pack a Healthy Lunch

- Bring lettuce, onion, tomato and grated carrots for your sandwich.
- Add a piece of fruit.
- Have cut-up vegetables instead of chips.
- For a quick meal, open a can of soup, add mixed frozen vegetables and zap it in the microwave.
- Add canned beans to soup or salad.
- Snack on fresh apples, carrots or celery.
- Keep a ready-to-go container of vegetables on the top shelf of your refrigerator so that it is easy to add them to your lunch.
- Bring a hearty salad with lowfat dressing.
- Pack leftover cooked vegetables and sprinkle with lemon juice.
- Bring a container of vegetable soup or chili or vegetable stew.



Restaurant and Cafeteria Options

- Call ahead or check menus online or in the phone book to find out who offers lots of produce. Some may also provide nutrition information.
- Ask for extra large vegetable servings. Many restaurants are happy to help you.
- Skip the fries and ask for extra vegetables.
- For an appetizer, try a small salad or a vegetable-based soup.
- Order 100 percent juices.
- Order steamed or grilled vegetable side dishes.
- For your main course, try a vegetarian chili, a stir-fry or entrée.
- Try a pizza with three or more vegetable toppings – such as, bell peppers, onions, mushrooms, eggplant and broccoli.
- Have a taco salad with lots of lettuce, tomatoes, beans, avocado, cabbage and onion. Skip the fried tortilla bowl.
- Order a wrap or sandwich with lots of raw veggies like lettuce, tomatoes, bell peppers, chili peppers, grated carrot, red onion, and cucumber.
- Skip dessert and have fruit at home.

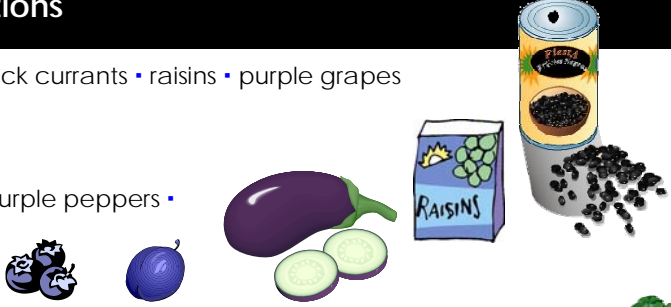


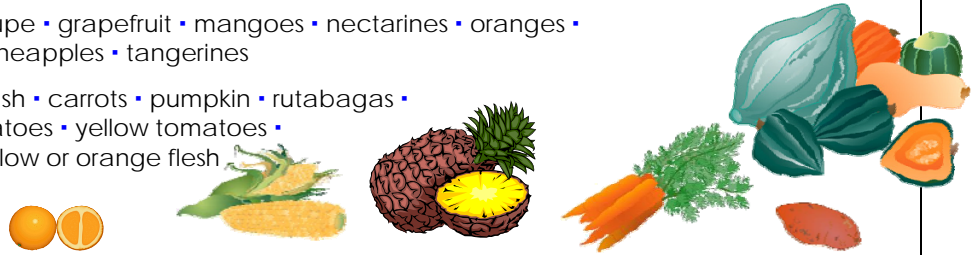
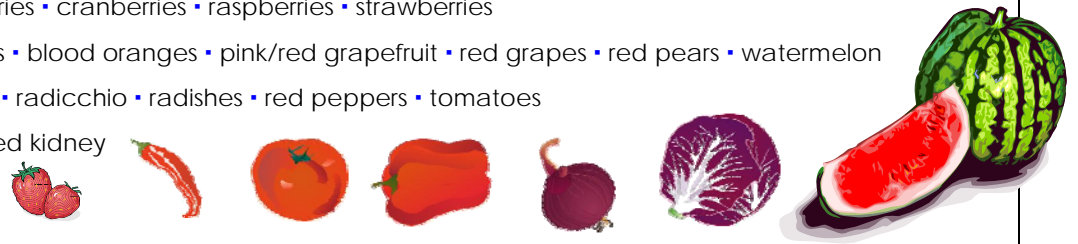


Create a Supportive Workplace

Start a "produce club" at work. Each club member signs up to bring a supply of fruits or vegetables for snacks for one day.

Color Your Plate

Eat a colorful variety of fruits and vegetables to give your body the vitamins, minerals and other natural substances it needs to stay healthy. Eat something from each color group every day.

Color Group	Fruit, Vegetable and Bean Options
Blue ■ Purple	<p>Small fruit: blueberries • blackberries • black currants • raisins • purple grapes</p> <p>Fruit: dried plums • purple figs • plums</p> <p>Veggies: purple cabbage • eggplant • purple peppers • purple carrots • purple-fleshed potatoes</p> <p>Beans: black azuki • black turtle</p> 
Green	<p>Small fruit: green grapes</p> <p>Fruit: avocados • honeydew • kiwifruit • limes • green pears • green apples</p> <p>Veggies: artichokes • asparagus • broccoli • broccoli rabe • Brussels sprouts • green beans • green cabbage • cucumbers • leafy greens • leeks • romaine lettuce • green onions • peas • green peppers • snow peas • spinach • sugar snap peas</p> <p>Beans: green split peas • soy beans</p> 
White ■ Tan ■ Brown	<p>Fruit: bananas • dates • brown pears</p> <p>Veggies: bamboo shoots • cauliflower • garlic • ginger • jicama • kohlrabi • mushrooms • onions • parsnips • shallots • turnips • water chestnuts</p> <p>Beans: black-eyed peas • Cannellini • chickpeas • Great Northern • lentils • lima • navy • pinto</p> 
Yellow ■ Orange	<p>Fruit: apricots • cantaloupe • grapefruit • mangoes • nectarines • oranges • papayas • peaches • pineapples • tangerines</p> <p>Veggies: butternut squash • carrots • pumpkin • rutabagas • sweet corn • sweet potatoes • yellow tomatoes • winter squashes with yellow or orange flesh</p> <p>Beans: yellow split peas</p> 
Red	<p>Small fruit: cherries • cranberries • raspberries • strawberries</p> <p>Fruit: red apples • blood oranges • pink/red grapefruit • red grapes • red pears • watermelon</p> <p>Veggies: beets • radicchio • radishes • red peppers • tomatoes</p> <p>Beans: azuki • red kidney</p> 

★ Low-fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of heart disease and some types of cancer, diseases associated with many factors.