

■ Test YOUR Fruits & Veggies IQ

Q What food
contains
vitamin C ?



A Yes! Everyone thinks of lemons and oranges when vitamin C is recommended, but we have many other options. Excellent sources of vitamin C are broccoli, peppers, kale, cauliflower, strawberries, mustard greens and turnips, brussels sprouts, papaya, chard, kale, spinach, kiwi, peas, peppers, melons, grapefruit, mango, grape, guava, green tomatoes, red tomatoes, zucchini, raspberries, asparagus, celery, pineapple, lettuce, watermelon, fennel, mint, cilantro and parsley.



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■ Test YOUR Frutas & Veggies IQ



Eating more fruits and greens veggies is one step closer to a healthier lifestyle! Looking for ideas on healthy food choices for the entire day? Boost the nutrition of your snacks and all other meals by adding colorful fruits and vegetables.

■ Eating fruits and vegetables everyday as part of a healthy diet can help you fight disease

TRUE- A good source of many essential vitamins and minerals, fruits and vegetables are important to promoting good health. Research consistently shows that compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet * are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, certain cancers, and perhaps heart disease and high blood pressure.

■ Most people do not eat enough fruits and vegetables for good health.

TRUE- Despite the many health benefits, most Americans do not consume enough fruit and vegetables every day. Are you meeting your needs? Visit www.mypiramide.gov to see how many cups you need each day.

■ Green vegetables are the most nutritious.

FALSE- No one food contains all the nutrients your body needs. To get a healthy variety, think color. Eating fruits and vegetables of different colors, including plenty of dark green vegetables, gives your body a wide range of nutrients, like fiber, folate, potassium, and vitamins A and C.

■ Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation.

TRUE- No matter what the form ? fresh, frozen, canned, dried, juice ? all varieties of fruits and vegetables count toward your daily recommendation. Choose fruits without added sugar or syrups and vegetables without added salt, butter, or cream sauces. Although 100% fruit or vegetable juice counts toward your daily recommendation, the majority of the total daily amount of fruits and vegetables should come from whole fruits and vegetables to help you get enough fiber.

■ Fruits and vegetables can play a role in weight management.

TRUE- Besides having vitamins and minerals that can help protect your health, many fruits and vegetables are lower in calories and higher in fiber than other foods. Studies have shown that when people eat more low-calorie foods, they naturally eat fewer high-calorie foods. That's because people tend to eat similar amounts of food even when the calories in the food vary. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

■ Fruits and vegetables are always more expensive than other foods.

FALSE- The USDA analyzed the prices of 154 different forms of fruits and vegetables and found that more than half cost less than 25 cents per serving. Compared to a candy bar, soda, or snack grab bag, fruits and veggies are a bargain. (Based on 1999 A.C. Nielson Homescan data).



■ Preparing fruits and vegetables always takes too much time.

FALSE- With so many varieties to choose from, it's easier than ever to eat more fruits and vegetables. Look for simple recipes that take only minutes to prepare. See reverse side for three great options. Or try whole fruits and vegetables. There are many varieties you can just rinse and eat.

■ Do you know that a baked potato offers more fiber, fewer calories and less fat than fries if you skip the sour cream and butter? Instead you could sprinkle your potato with feta cheese and/or salsa.

■ In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, trans fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



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