



# Fruits & Vegetables



# FRUITS



# Nutrition

- Fruits are 75 – 95% water
- Low in fat, sodium and protein
- Excellent source of fiber (especially the skins!)
- Vitamins & Minerals Fruits Provide:
  - Vitamin C (Citrus, melons, strawberries)
  - Vitamin A (Deep yellow and green fruits)
  - Potassium (Bananas, raisins, figs)



# Nutrition

- Choose whole or cut up fruits more often than fruit juice.
- Air, heat and water can destroy nutrients in both fruits and vegetables.
- Always wash fruits and vegetables to remove pesticides that might remain on the skin.





# Guidelines for Selecting Fruits and Vegetables

- Firm
- Free From
- Crisp
- Smooth
- Dense
- Free From Bruises
- Good Color
- Good Smell
- In Season (Will Be Cheaper)



# Purchasing and Storing Fruits

## Purchasing

- Most fruits are sold by weight or by count
- Fruits are packed in crates, bushels, cases, lugs, or flats
- Seasonal fruits and vegetables are lower in cost, plentiful and have better quality.
- They will last about one week in the refrigerator.

## Storing Fruits In:

- Cold (Refrigerator)
- Dry
- Give Them Space

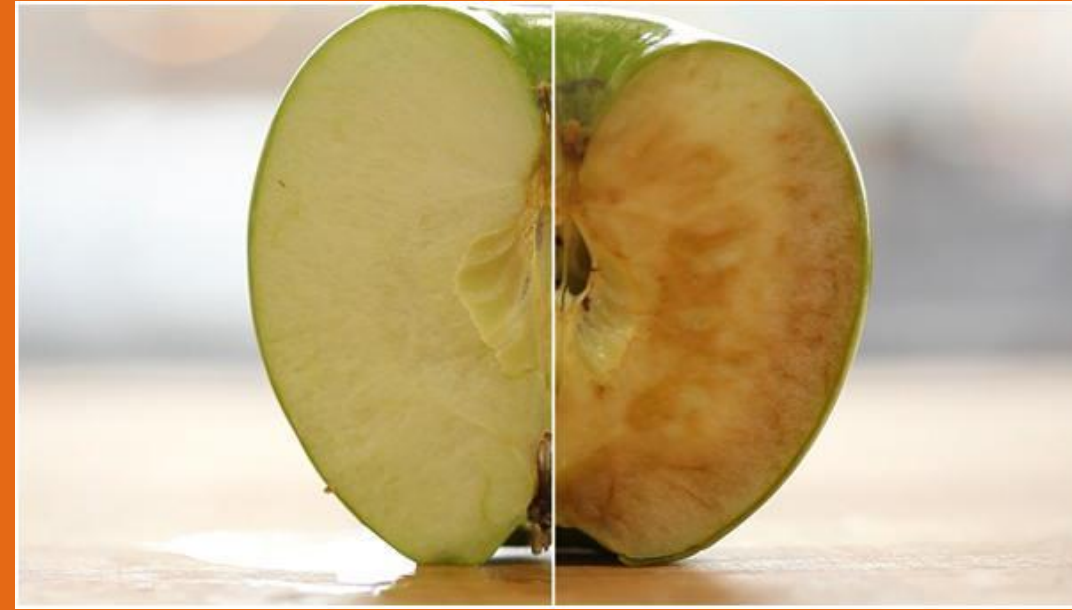
# Ripening

- Ripening happens when starches found in the fruit break down into sugar (Bananas in the fridge)
- This leads to deterioration or spoilage:
  - Color Lightens
  - Texture Softens
  - Decreases in Acidity
  - Increases in Sweetness



# Browning

- Browning occurs when the cut surfaces of food reacts with oxygen.
- This is called OXIDATION.
- To prevent this, cover cut fruits with a liquid containing Ascorbic Acid (Vitamin C).





# VEGETABLES



# Nutrition

- Vegetables provide the following Vitamins and Minerals:

- Vitamin A
- Vitamin C
- Vitamin D
- Potassium
- Folic Acid
- Calcium
- Magnesium



# Nutrition

- Vegetables contain NO cholesterol
- They are low in calories, fat and sodium (They are “Nutrient Dense”)
- Eat more red, orange and dark green vegetables from the Vegetable Group.





# Best Cooking Methods for Preserving Nutrients

The two BEST methods are:

- Microwaving
- Steaming

You can also:

- Bake
- Stir-Fry
- Simmer
- Sauté
- Or just eat them raw

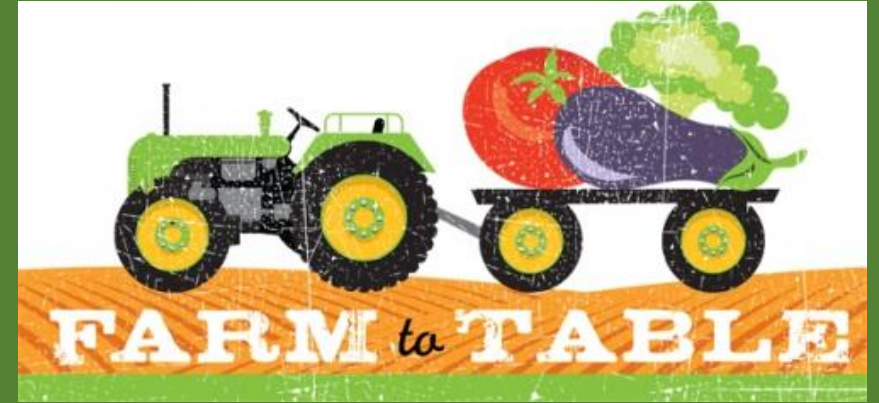


# Five Ways to Preserve Nutrients When Cooking Fruits and Vegetables

- Cook in larger pieces
- Use small amounts of water
- Cook only until “fork” tender
- Cook quickly
- Save the water used to cook in for soups and gravies (most nutrients dissolve into the water)

# Farm to Table

Food doesn't start at the supermarket!



- Farm: use of good agricultural practices
- Processing: monitor at critical points
- Transportation: use clean vehicles and maintain the cold chain
- Retail: follow the food code guidelines
- Table: always follow the four C's of safety- clean, cook, control cross-contamination and chill



# MY PLATE

Foods/Nutrition



# There Are 6 Dietary Guidelines To Live A Healthy Life.



- Eat **nutrient** dense foods.
- Balance **calories** to manage **weight**.
- Reduce **sodium**, fats and **added** sugars, refined grains and **alcohol**.
- Increase vegetables, **fruits**, whole grains, **milk**, and seafood.
- Build **healthy** eating patterns that meet **nutritional** needs over time at an appropriate calorie level.
- Include **physical exercise** as part of healthy eating patterns.

# Choose Nutrient Dense Foods

- Nutrient dense food provides **vitamins**, **minerals** and other beneficial substances with relatively few **calories**





# Balance Calories to Manage Weight

- **Monitor** food and beverage intake, physical activity, and body weight.
- Reduce **portion** sizes.
- When eating out, make better **choices**.



# Reduce Sodium, Fats And Added Sugars, Refined Grains And Alcohol.

- **Processed** foods contain a lot of sodium, fat, added sugars, and refined grains.
- **Alcohol** contains a lot of calories and no nutritional value.



# Increase Vegetables, Fruits, Whole Grains, Milk, And Seafood

- 8 oz. of seafood per week
- use oils in place of solid fats.
- Choose seafood products in place of some meat/poultry. (At least 8 oz. per week for teens/adults.)





# Build Healthy Eating Patterns That Meet Nutritional Needs Over Time At An Appropriate Calorie Level

- When you build healthy eating habits you eliminate **yo-yo** dieting, constant weight **fluctuation** and you have much more **energy**.



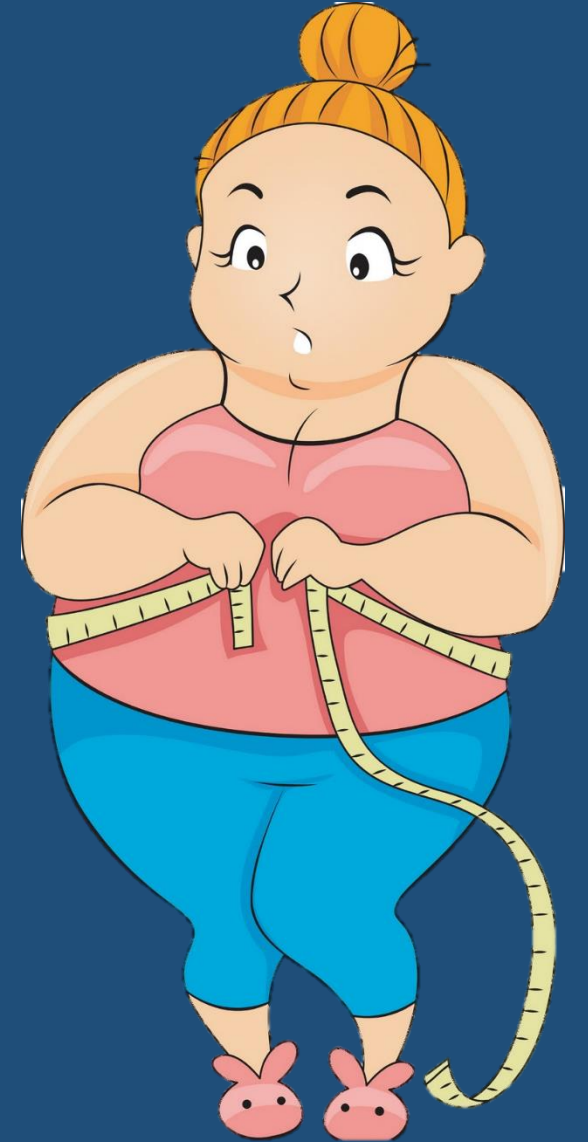
# Include Physical Exercise As Part Of Healthy Eating Patterns.

- Children and teens should be physically active for at least 60 minutes every day



# Average Americans...

- Average American diet has more fat, sodium, sugar and calories than recommended.
- Average American diets are lower in fiber and whole grains than recommended.
- Salt and sodium are usually added to processed foods and beverages and diet drinks.
- High consumption of salt and sodium are contributing factors to high blood pressure.





# GRAINS

- Choose **100%** whole grain cereals, breads, crackers, rice and pasta.
- Check the **ingredients** list on food packages to find whole grain foods.
- Make at least **half** of your grains whole grains.



# PROTEIN

- Keep meat and poultry portions **small** and **lean**
- Choose a **variety** of foods including seafood, beans and peas, nuts, lean meats, poultry and eggs.
- Try grilling, broiling, poaching or roasting. These methods do not add **extra** fat.



# FRUITS

- Use fruit as **snacks**, salads or desserts.
- Choose **whole** or cut-up fruits more often than **fruit juice**.
- Make **half** your plate fruits and vegetables.





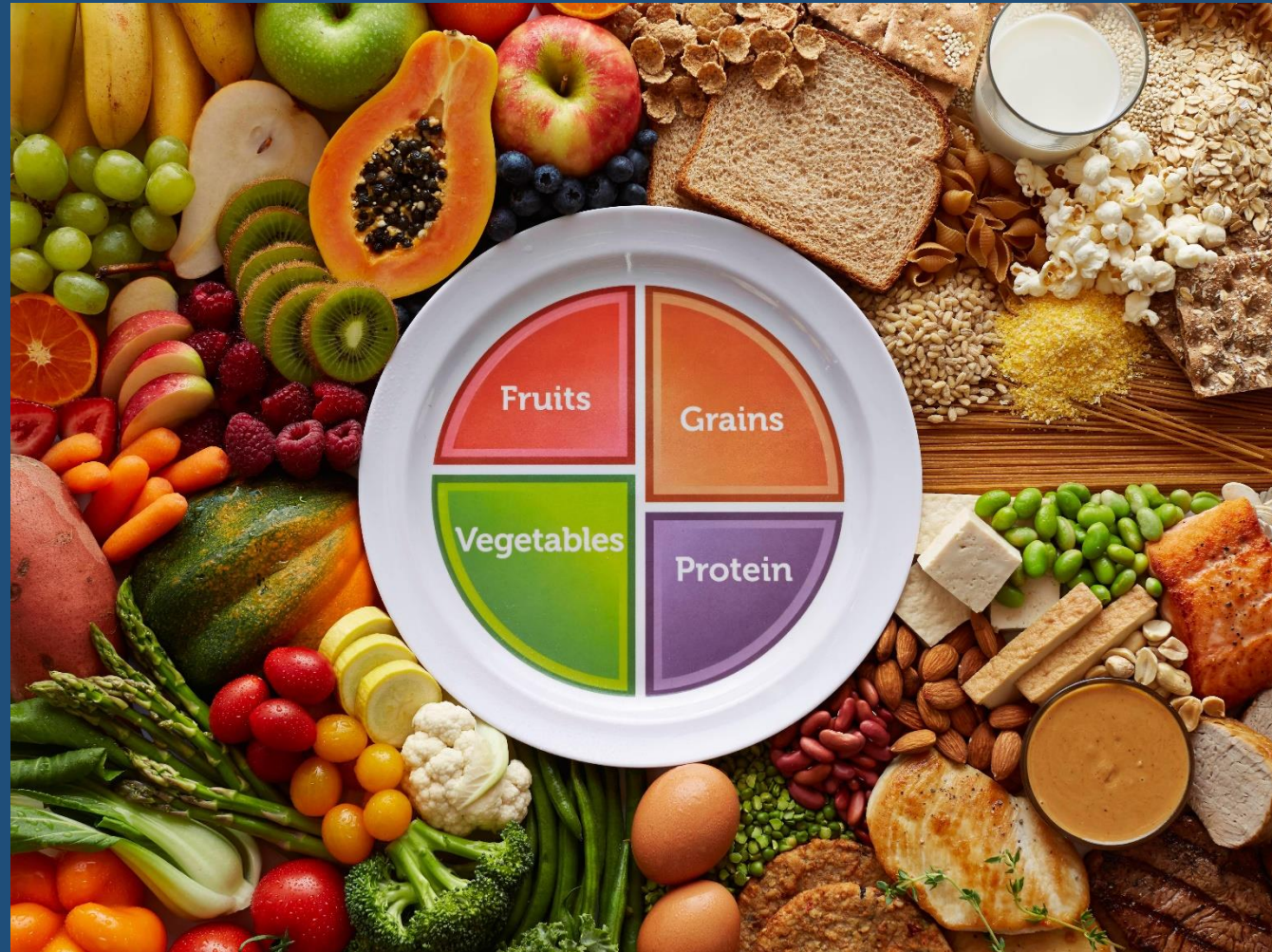
# DAIRY

- **Low-fat** or fat-free dairy products have the same amount of calcium and other essential nutrients as whole milk, but less **fat** and **calories**.
- Switch to low-fat or fat-free dairy products. Get your calcium **rich** foods.



# HAVE A VARIETY

- Each food group provides some, but not **all** of the nutrients you need.
- No one single food or food group can provide all **nutrients**.
- Eating a **variety** ensures you get all nutrients





# Characteristics of Healthy Eating Patterns

- **Reading** and understanding food labels
- Portion control
- Understanding the functions and caloric value of the 6 nutrients





# Its all about YOU

- Different people have different caloric needs depending on age, gender and activity level.



# FOOD DIARY

- Fill out a daily intake diary based on what you normally eat in a day.
  - So if you normally eat cereal for breakfast write cereal, if you normally eat school lunch everyday pick your favorite school lunch and write that down.
- Homework: for 1 day eat food that follows the 6 dietary guidelines and My Plate. Fill out the other daily intake diary based on that day.
- Answer the questions in the packet.