

SUMMERTIME...

And **fruits** and **vegetables** are easy!

HOW MUCH DO I NEED?

- Adults should aim for 2 cups of fruit and 2-3 cups of vegetables a day. Find your target by visiting www.mypyramid.gov.
- You can get your fruits and veggies in many ways. Fresh, frozen, canned, dried, or 100% juice – all can be healthy choices. Learn more at www.fruitsandveggiesmorematters.org.



EASY WAYS TO EAT MORE FRUIT



- **Whole Fruits** – Keep fruits like apples, oranges, pears and bananas in a basket where you will see them.
- **Fruit Salad** – Make a mix of fresh melon, grapes, and berries for a cool salad. Add cut fruit to green salad for a fresh flavor.
- **Smoothies** – Blend frozen fruit with ice and vanilla yogurt or low-fat milk for a cool breakfast or snack.
- **Juices** – Choose a fruit-based beverage. Try blending 100% juice with seltzer water or diet lemonade.

JAZZ UP YOUR VEGETABLES



- **Think Taste and Texture** – Make salads fun by using a variety of veggies. Try bell pepper, cucumber, carrots, tomatoes, and different types of leafy greens... go for color!
- **Spice It Up** – Boil, steam or sauté veggies with onion, peppers and garlic or lemon wedges for flavor. Use a frozen soup seasoning blend as a short cut.
- **Get Grilling** – Toss veggies in olive oil and spices, and cook on the grill using a grill pan, skewers, or a pocket of aluminum foil.

KIDS' CORNER

One of the best ways for kids to learn about fruits and vegetables is to work or visit a garden. Many schools, churches and communities are starting public gardens.

This month, visit a Farmer's Market or Produce Stand and talk to kids about the importance of "eating a rainbow"... choose a variety of colors for good nutrition.



Visit **Get a Life!** at www.kidsgetalife.org for resources and ideas for healthy eating and physical activity.

SUMMERTIME... and *fruits* and *vegetables* are easy!

June Activity – Eat a Rainbow Every Day

1. Circle all fruits and vegetables that you will try to eat this month. Choose a variety from the different color groups, and include them on your shopping list. Remember, they can be fresh, canned, frozen, dried or juice.
2. Use the "5 a Day" Tracking Form to keep your daily total.
<http://www.pbhfoundation.org/pdfs/educators/teachers/activities/track/trackcolor01.pdf>

RED	YELLOW/ORANGE	GREEN	BLUE/PURPLE	WHITE
<ul style="list-style-type: none"> • Apples • Beets • Red cabbage • Cherries • Cranberries • Pink grapefruit • Red cabbage • Red grapes • Red onion • Red peppers • Pomegranates • Red potatoes • Radishes • Raspberries • Rhubarb • Strawberries • Tomatoes (also spaghetti sauce, tomato juice) • Watermelon Other: 	<ul style="list-style-type: none"> • Yellow apples • Apricots • Butternut squash • Cantaloupe • Carrots • Corn • Grapefruit • Lemons • Mangoes • Nectarines • Oranges • Papayas • Peaches • Pears • Yellow peppers • Persimmons • Pineapple • Pumpkin • Rutabagas • Yellow squash • Sweet potatoes • Tangerines • Yellow tomatoes Other: 	<ul style="list-style-type: none"> • Green apples • Artichokes • Asparagus • Avocados • Green beans • Broccoli • Brussels sprouts • Cabbage • Collard greens • Cucumbers • Green grapes • Honeydew melon • Kiwi • Lettuce • Limes • Okra • Green onions • Peas • Green pepper • Spinach • Turnip greens • Zucchini Other: 	<ul style="list-style-type: none"> • Blackberries • Blueberries • Black currants • Eggplant • Figs • Plums • Prunes/dried plums • Purple grapes • Raisins Other: 	<ul style="list-style-type: none"> • Bananas • Cauliflower • Garlic • Ginger • Jicama • Mushrooms • Onions • Parsnips • Potatoes • Shallots • Turnips Other: