



YUMMY!!! Fruits & Veggies



Tasty, colorful, convenient, quick, fun to eat, healthful-what’s not to like about fruits and veggies? Some people think that fruits and vegetables are too expensive for families living on a tight budget. But a one-cup serving of 62 commonly-eaten fruits and veggies costs just 13-52 cents. In addition, shopping for these less-costly fruits and vegetables when they are on sale in weekly grocery store promotions yields a 37% savings, on average. A low price-per-pound does not always indicate a low price-per-edible-serving, since the non-edible parts of many fruits and vegetables weigh a lot.

Choices within the group of lower-cost fruits and vegetables include fresh, canned, frozen, dried and/or 100% juice, and all of the recommended color and vegetable sub-groups.

Fruits and Veggies—More matters!

Recommended amounts of fruits and vegetables range from 3 to 6 1/2 cups per day. (How much you need depends on your age, activity level and gender.) Instead of doing the math, you could just keep it simple: Fill half of your plate with colorful fruits and vegetables at every meal and snack!

Research shows that fruits and vegetables promote good health. How? They contain essential nutrients (vitamins, minerals, dietary fiber) and other healthful substances.

People who eat generous amounts of fruits and veggies as part of a healthful diet reduce their risk of getting a chronic disease, including stroke, heart attack and certain cancers.

Eating fruits and vegetables instead of higher-calorie foods can help you to loose excess weight and maintain a healthy weight.

The water and fiber in fruits and vegetables will add volume to your dishes, so that you can eat the same amount of food with fewer calories.

Most fruits and vegetables are naturally low in fat and calories, yet are filling.

For more information visit the website:

www.fruitsandveggiesmatter.gov

Get More Value With Your Food Dollars

To fill half of your plate with colorful fruits and vegetables at breakfast, lunch, supper and snacks, plan to spend almost half of your food budget on fruits and veggies, too. One way to free up money for buying more fruits and vegetables is to spend less for other foods. How?

- Prepare meals and snacks at home. Buy few, if any, away-from-home foods, such as prepared restaurant foods and vending machine foods. (This will save about one-third of the food budget of the average low-income U.S. household.)
- Prepare meals and snacks from basic foods. Buy few, if any, expensive pre-cut, ready-to-eat or ready-to-heat meals and snacks. (This will save about 12% of the food budget.)
- Buy foods only in the amounts that you can use before they spoil. (This will save about 10% of the food budget.)
- Buy less, if any, sports drinks, energy drinks, carbonated beverages, coffee or alcohol. (This will save about 7% of the food budget.)

Fresh Veggie Pizza

Ingredients:

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| 1/4 cup low-fat sour cream | 1/4 cup diced broccoli |
| 2 teaspoons dry ranch dressing mix | 1/4 cup diced cauliflower |
| 1 (7-inch) prebaked pizza crust | 1/4 cup diced carrots |
| 2 tablespoons shredded cheddar cheese | 1/4 cup diced bell pepper |
| diced zucchini, black olives, tomatoes, optional | |