

Fruits and Vegetables: Grab & Go!

When you are in a hurry, choose fruits and vegetables!

Some great options include:

- 100% juice boxes
- Dried fruit, such as raisins, apples and dates
- Fresh whole fruits and veggies
- Prepackaged green salads
- Baked veggie chips
- Fruit in prepackaged individual serving containers packed with water or light fruit juice
- Pre-cut fruits and veggies
- No-added sugar applesauce in individual serving



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Pub. 3124 (2M) 7/09

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

This institution is an equal-opportunity provider. This material was funded by USDA's Food Stamp program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local extension office or visit www.lsuagcenter.com.

Nutrients, Benefits *of* Fruits and Vegetables





Fruits and Vegetables Nutrients and Benefits

- Low in fat, sodium and calories
- Provide fiber to the diet
- Do not contain cholesterol
- Good food source of water
- Economical

How Many Fruits and Vegetables Should You Eat?

It is recommended that we eat **2** cups of fruit and **2.5** cups of vegetables every day!

Fruits and vegetables help reduce risk of various chronic diseases:

- Cancer
- Obesity
- Coronary heart disease
- Arthritis
- Asthma
- Macular degeneration

Fruits and vegetables are great sources of vitamins and minerals and provide many health benefits!

Nutrient	Health benefit	Fruit or vegetable sources
Fiber	Many benefits, including decreased risk of heart disease	Dried beans Dried peas Artichokes Oranges Apples Melons
Folate	Reduces woman's risk of having a child with brain or spinal cord defects	Green, leafy vegetables Lentils Dried peas Dried beans Spinach Asparagus Orange juice
Iron	Prevents anemia, a common deficiency that can cause irritability, reduced immunity and reduced ability to learn	Dried beans Dried peas Prune juice Green, leafy vegetables Raisins Sweet potatoes Pumpkin
Potassium	Helps maintain healthy blood pressure	Tomato paste/pureed beets Greens Beans Carrots Prune juice Orange juice Bananas Artichokes Avocados Apple juice
Vitamin A	Skin and eye health and helps protect against infections	Pumpkin Carrots Spinach Greens Squash Cantaloupe Red peppers
Vitamin C	Heals cuts and wounds and keeps teeth and gums healthy	Peppers Kiwi Strawberries Potatoes Cantaloupe Broccoli Pineapple Oranges Mango Cauliflower



Antioxidants in Fruits and Vegetables

Antioxidants help protect our body from damaging free radicals from the foods we eat and the environment around us. These antioxidants include:

- Anthocyanidins
- Beta-carotene
- Flavonols
- Lutein
- Lycopenes

