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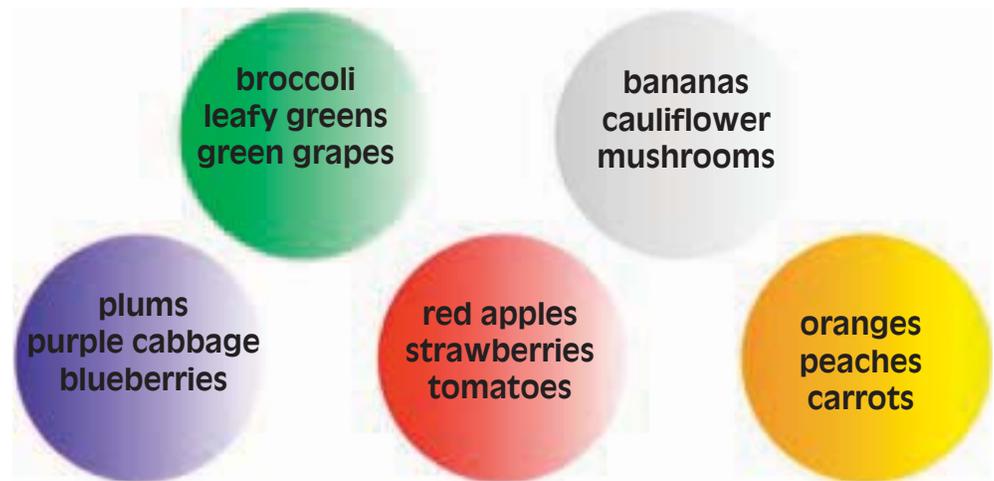
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For more information visit
www.fruitsandveggiesmorematters.org

Eat Your Colors to Stay Healthy and Fit!

Eating plenty of colorful fruits and vegetables every day is an important part of being healthy. This is because deeply colored fruits and vegetables contain a wide range of vitamins, minerals, fiber and other natural plant compounds (phytochemicals) that have many health benefits.



Benefits of More Fruits and Veggies...

A lower risk of some cancers

Heart health

Strong bones and teeth

A healthy immune system

Vision health

Healthy aging

Easy Ways to Eat More Fruits and Veggies Each Day



- ◆ Keep an easy-to-grab, pre-washed bowl of fruit on the counter.
- ◆ Make a quick smoothie using frozen fruit.
- ◆ Add frozen mixed vegetables to canned or dried soup.
- ◆ Add apples, raisins or pineapple chunks to salads like chicken, tuna or pasta.
- ◆ Start your morning off with a glass of 100% fruit juice. Just 3/4 cup counts as a serving.
- ◆ For an afternoon snack, munch on raw vegetables like carrot or celery sticks.

What Is A Serving?

- ◆ 1 medium-sized fruit
- ◆ 3/4 cup 100% juice
- ◆ 1/2 cup vegetables
- ◆ 1 cup raw leafy vegetables
- ◆ 1/2 cup peas or beans
- ◆ 1/4 cup dried fruit

Tips for Making Healthier Choices

Choose...

100% juice
Dried fruit or fresh veggies
1/2 cup applesauce for baking
Low-fat yogurt with fruit
Baked potato with salsa

Instead of...

Soda or coffee
Chips, candy or cookies
1/2 cup oil
Ice cream
French fries

Food Safety Corner



Washing Fruits and Veggies

- ◆ All fruits and vegetables should be washed, even if you don't eat the rind or the skin.
- ◆ Remember to wash fruits and vegetables just before using, not when you put them away.
- ◆ Do not use soap or bleach when washing because they can pass to the inside of the foods.

Right Bite Recipe

Perfect Pita Pizza

Ingredients

- 2 whole wheat pita bread rounds
- 1/2 cup spaghetti or pizza sauce
- 3/4 cup shredded part-skim mozzarella cheese
- 1 small zucchini, sliced
- 1/2 small carrot, sliced
- 1/2 cup tomatoes, chopped
- 1/4 small green bell pepper, sliced

Directions

1. Preheat oven to 350° F. Line baking sheet with foil.
2. Split each pita round around the edges and separate.
3. Place rounds rough side up on prepared baking sheet. Bake 5 minutes.
4. Spread spaghetti sauce onto each round and add veggies and cheese. Bake 10 to 12 minutes.

More Matters Word Scramble

Can you unscramble these fruits and vegetables?
(Hint: They may have you seeing red.)

sabrprrye _____

ybwtraser _____

breryncar _____

mlerteawno _____

moatot _____

israhd _____

Answers to word scramble on page 4.



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Shop Smart and Save



Buy fresh fruits and vegetables in season. Most are available all year, but when in season, the prices are lower and they taste better.



Buy the economy- or family-sized packs only if you can use that much. There's no savings if food spoils and has to be thrown away. For foods that freeze, take time to repackage into smaller amounts in freezer bags and then freeze for later use.



Buy frozen 100% fruit juice concentrate. Make your own juice just by adding water. It doesn't take much time, and it's less expensive than buying juice in a carton.

Remember that higher and lower shelves are where the bargains are. More expensive items are placed at eye level where you are more likely to see them.

For more information on food, nutrition or health, contact your county Extension office or visit www.uaex.edu.

Answers to Word Scramble:
raspberry, cranberry, tomato,
strawberry, watermelon, radish