Arkansas SNAP Ed
Smart Nutrition-Active People Education

RightBite!

A Newsletter for Healthy Eating

Volume 1, Issue 15 FCS542

In This Issue

You Can Do It!
Know How Much You Need
Get the Best! Maze
Right Bite Recipe
Food Safety Corner
Best Buys for Fruits and Veggies

Choose to Treat Yourself Right

Fruits and vegetables provide nutrients for a healthy body. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a lower risk of some diseases such as heart disease, type 2 diabetes and certain cancers. A diet high in fruits and vegetables may decrease bone loss and reduce the risk of developing kidney stones. Eating foods such as fruits and vegetables that are low in calories instead of other higher-calorie foods can lower total calorie intake.

DID YOU KNOW?

Only about **1 in 4 adults** eats the recommended amount of fruits and vegetables per day. Only **1 in 5 children** eats the recommended amount.

Eat a Variety of Fruits and Vegetables

You Can Do It!

It's easy to add more fruits and vegetables into your day.

- Add fruit to your cereal.
- Snack on fruit during the day. Grab an apple, banana or some grapes on your way out the door.
- Eat a big salad for lunch.
- Make fruits and vegetables about half of your plate.
- Snack on raw veggies with a healthy low-fat or fat-free dip.
- Have two vegetables with dinner and eat fruit for dessert.

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

University of Arkansas, United States Department of Agriculture, and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer. USDA is an equal opportunity provider and employer.
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact *https://access.arkansas.gov/*.

Know How Much You Need

In order to eat the proper amount of fruits and vegetables each day, you need to know how much you need.

Girls		
Age	Fruits	Vegetables
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups

Boys		
Age	Fruits	Vegetables
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups

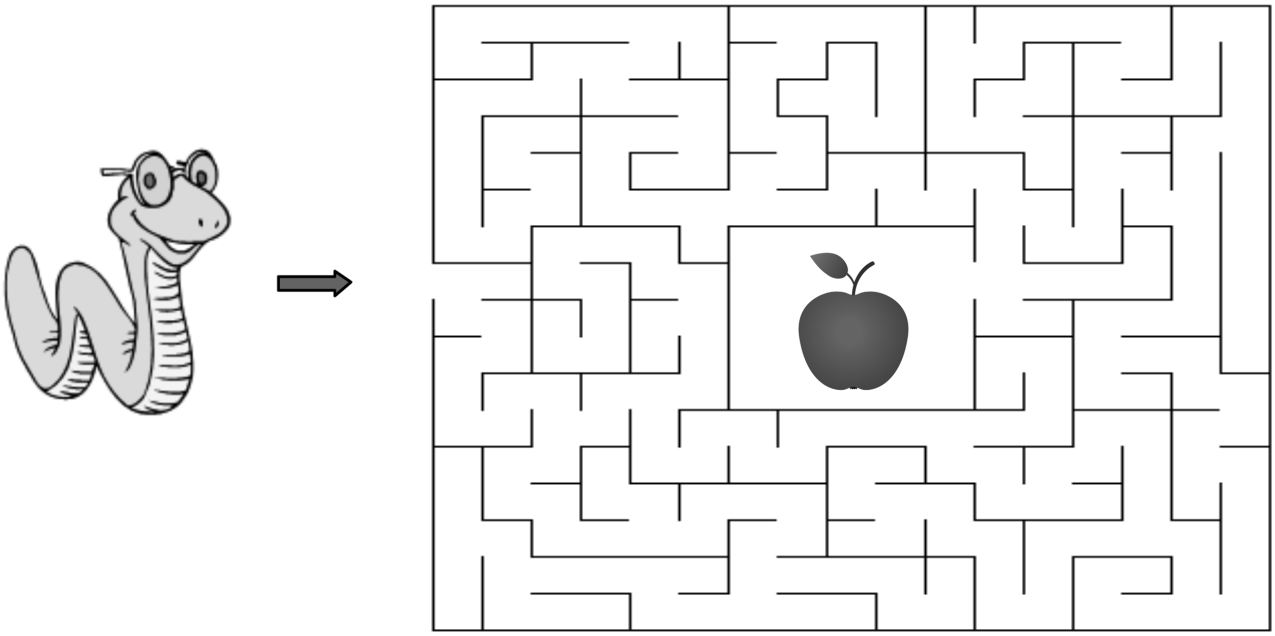
Women		
Age	Fruits	Vegetables
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups

Men		
Age	Fruits	Vegetables
19-50	2 cups	3 cups
51+	2 cups	2½ cups

Get the Best!

Select fresh produce that is crisp, plump, bright-colored and is still heavy (still full of water).

Can you help Mr. Worm get to his favorite snack?



Right Bite Recipe

Carrot and Raisin Salad

Number of servings:	5
Serving size:	½ cup
Calories:	80
Grams of fiber:	2
Grams of Fat:	0
Grams of carbohydrate:	19
Grams of protein:	0
Milligrams of sodium:	30

Ingredients

2 cups packed shredded carrots
¼ cup crushed pineapple, packed in juice, drained
1 teaspoon sugar
¼ cup raisins
3 tablespoons low-fat vanilla yogurt

Directions

1. Mix all ingredients together.
2. Refrigerate.
3. Serve when chilled.

Food Safety Corner

How Do I Store Fresh Fruits and Vegetables?

- Potatoes should be stored in a well-ventilated, dark, cool and slightly humid location and can be kept for several weeks.
- Apples can be kept refrigerated for up to 6 weeks.
- Tomatoes can be stored at room temperature up to 3 days. Do not store in the refrigerator because this causes a loss of flavor.
- Refrigerate grapes in a covered container for up to 1 week.
- Okra should be tightly wrapped and refrigerated up to 3 days.

Cooperative Extension Service
2301 South University Avenue
Little Rock, AR 72204

Best Buy for Fruits and Veggies

- Shop for fruits and vegetables when they are in season and usually cost less.
- Farmers' markets are a great place to buy low-cost, fresh produce.
- Frozen or canned fruits and veggies are a healthy choice. Drain and quickly rinse canned vegetables to lower the salt. Buy fruit canned in its own juice to cut sugar and calories.
- Buy frozen 100% fruit juice concentrate. Make your own juice just by adding water.
- Store brands cost less and often taste as good as more expensive brands.

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

Printed by University of Arkansas Cooperative Extension Service Printing Services.