

Fruits & Veggies: Key to Good Health

A New Approach

Eating a low-fat diet rich in fruits and vegetables helps reduce the risk of chronic diseases such as stroke, type 2 diabetes, and certain types of cancers – and can also help maintain a healthy weight.

Research shows that most adults know they need to eat five or more servings (2½ cups) of fruits and vegetables per day.¹ Still, over 90 percent of adults do not eat the recommended 2½ to 6½ daily cups of fruits and veggies.² And, 96 percent of children 2 to 12 years old fall short of the recommended 2 to 5 cups per day.¹ The specific recommended amount for each person is based on their age, gender and activity level.

To inspire and support consumers to eat more fruits and vegetables, the NH Fruit and Vegetable Program (formerly the NH 5 A Day Program) joins Produce for Better Health and the Centers for Disease Control and Prevention (CDC) in launching a new logo, messaging, and recipes. Beginning March 19, look for the new name Fruits & Veggies—More Matters™. The new program name is the National Fruit and Vegetable Program.



Tips for Eating More Fruits and Veggies at Work

- Stock your desk with a variety of bite-sized munchies for on-the-go snacks. Try boxes of raisins, dried fruit trail mix, individual cans or boxes of 100% juice, canned fruits such as applesauce, pineapple rings, pears slices, or peach halves. Don't forget your can opener!
- Pack a breakfast to go – add fresh or frozen berries to a low-fat yogurt.
- Use leftover veggies for tomorrow's salad, or add them to a favorite can of soup.
- Pack one or two fresh fruit or veggie snacks for the day. Try cherry tomatoes, carrot sticks, broccoli, an apple, grapes or berries.
- No time to fix lunch? Make a salad at the grocery store salad bar.



Recipes and Tips Online

Produce for Better Health Foundation

www.fruitsandveggiesmorematters.org

Centers for Disease Control and Prevention (CDC)
Fruit and Vegetable Program

www.fruitsandveggiesmatter.gov

NH Fruit and Vegetable Program
(formerly the NH 5 A Day for Better Health Program)

www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies

T.A.S.T.E.

Using the acronym T.A.S.T.E., these tips will help you creatively include fruits and vegetables in every meal and snack at home, school, work and play.

T – Try something new at every eating occasion!

It's fun to try new things! Pick out a new fruit and veggie at the store.

A – All forms of fruits and veggies count!

Fresh, frozen, canned, dried, and 100% juice all matter.

S – Snack smart!

Fruits and veggies make tasty, healthy snacks. What is your favorite?

T – Take charge!

Choose fruits and veggies! Ask for them at meals and snacks.

E – Explore the bountiful variety!

There are more than 350 varieties of fruits and veggies.

Roasted Radishes and Root Vegetables

Roasted veggies are tasty – and very easy to prepare! Better yet, tonight's leftover roasted veggies can be part of tomorrow's lunch – just add them to a salad, soup or sandwich. The high oven temperature creates the great roasted flavors.



Serves 4 (2 cups of veggies per person)

Recipes from www.fruitsandveggiesmatter.gov

3 medium sweet potatoes, peeled and cut into 2-inch chunks (about 3 cups)

4 medium parsnips, peeled and cut into 2-inch chunks (about 2 cups)

2 medium red onions, peeled and quartered

1 whole head of garlic, cut in half

12 ounces radishes

2½ tablespoons olive oil

¼ teaspoon salt

½ teaspoon black pepper

1 tablespoon fresh or 1 teaspoon dried thyme

- Preheat oven to 450 degrees.
- In a large bowl, mix the potatoes, parsnips, onions, radishes and garlic. Toss with olive oil, salt and pepper. Arrange vegetables in a single layer in a 15 1/2" x 10 1/2" roasting pan.
- Be sure the oven is fully heated before placing the pan in the oven. Bake until vegetables are fork tender and golden (about 45 minutes), stirring occasionally.
- Arrange vegetables on a serving platter. Squeeze the garlic cloves out of their skins. Sprinkle with thyme. Garnish with thyme sprigs, if desired.

Nutrition Facts Serving size: ¼ recipe. 260 calories; 80 calories from fat; 9 g fat; 2 g saturated fat; 0 mg cholesterol; 242 mg sodium; 43 g carbohydrate; 9 g dietary fiber; 11 g sugars; 4 g protein.

Diabetic Exchanges 1 vegetable; 2 fat; 2 carb.

¹ Produce for Better Health Foundation and ACNielsen, State of Plate, 2005

² Unpublished data, CDC

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