

Make Half Your Plate Fruits & Vegetables

Bring Color To Your Plate

What Foods Are in the Fruit & Vegetable Groups?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Based on their nutrient content, vegetables are organized into 5 subgroups: dark green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.

Health Benefits

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.

Eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.



Breakfast Is Perfect Time For Fruit

- Try topping your cereal or oatmeal with bananas or peaches.
- Add blueberries to your pancakes, Or add fruit to your fat-free or low-fat yogurt.

Lunchtime is a great time for a colorful salad

- Add a variety of veggies, like corn, carrots, and spinach to your salad.
- Add a tangerine, banana, or grapes to your bagged lunch.

Lets Not Forget About Dinner Time

- Try meat dishes that include fruits and veggies.
- Some examples include: chicken with apricots or kebobs with peppers and pineapple, or veggie pizza or vegetarian chili.

Healthy Snacks To Get You Through The Day

- Cut-up fruits and vegetables like carrots, peppers, and cucumber or orange slices.
- Fruit smoothies, fruit salad, and frozen 100% juice bars.

Behealthy School Kids 

Source: Presidentschallenge.org

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