July – Fruits & Vegetables
Plan of the Week Notes

Week One:

Any increase in fruits and vegetables to your daily diet is beneficial to your health and may assist in weight loss. Try one or more of the following ideas to get you started. Start your day with a whole grain cereal and add your favorite fruit such as a sliced banana or a handful of berries. Have a salad with lunch, and an apple for an afternoon snack. Include corn and a sweet potato with dinner and you already have about two servings of fruits and three servings of vegetables. Find out what counts as a cup by going to the Centers for Disease Control (CDC) Nutrition for Everyone: Fruits and Vegetables Page or click here.

Week Two:

Why is it so important to color your plate with fruits and veggies? Beyond how delicious they are, fruits and vegetables contribute to total fitness in every day optimal functioning of the human body and provide disease fighting properties. Different types and colors of fruits and vegetables contain a variety of valuable ingredients: fiber, antioxidants, carotenoids, potassium, folate, flavonoids, lycopene, lutein, and allyl sulfides, just to name a few. These powerful substances contribute to heart health, cancer fighting mechanisms, cell strength and repair, resistance to infection, brain function, regulation of your nervous and digestive systems and much more. Therefore, eat the rainbow and make half your plate Fruits and Vegetables. Use this poster to display some of the benefits of variety.

Week Three:

Planning to lose weight does not necessarily mean you have to eat less food. Fruits and vegetables can replace some high calorie, low nutrition choices you may be making each day. According to the Centers for Disease Control (CDC), substitutions of fruits and vegetables for high calorie foods could satisfy you because you may eat the same volume of food but with fewer calories. Simple changes could include fresh fruit cup, salad bar, and any type of soup made with vegetables. Check out this guide from the CDC to learn more about eating fruits and vegetables to lose weight.
http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html

Week Four:

True or False: Eating fruits and vegetables is too expensive.

False: The United States Department of Agriculture (USDA) analyzed the prices of different forms of fruits and vegetables and found that whether fresh, frozen, or canned most cost less than 25 cents per serving. Compared to the cost and content of a candy bar, soda, chips, or French fries, fruits and veggies are still a bargain and improve your health.[1] Review this save time and money tip sheet for more ideas and recipes.

[1] How much Do Americans Pay for Fruits and Vegetables/AIB-790, Economic Research Service/USDA. http://www.ers.usda.gov/publications/aib-agricultural-information-bulletin/aib790.aspx.Published 2004. Accessed 09 August 2013.