## **Eat More Vegetables and Fruits**

## Did you know...?

- Vegetables and fruits have fibre and potassium.
  These help lower blood pressure and your risk of heart disease and stroke.
- Eating plenty of vegetables and fruit can help lower your risk for some types of cancer.
- <u>Canada's Food Guide</u> recommends eating plenty of vegetables and fruits every day.
   Choose different textures, colours, and shapes to fit your taste.
- Frozen and canned vegetables and fruits can be just as healthy as fresh, and they keep longer.
- Choose whole or cut vegetables and fruits instead of juice. Fruit juice and fruit juice concentrates are high in sugar.

## **Shopping tips**

- Buy fresh vegetables and fruits when on sale to save money.
- Include frozen or canned vegetables and fruits with no added sugar, salt, or sauces for a healthy and quick option.
- If you are short on time, try pre-washed bags of salad, spinach, baby carrots, snap peas, or broccoli.
- Buy some vegetables and fruits that are ripe and some that are partly ripe. This way, it won't all ripen at the same time.

### **Cooking tips**

- Try cooking methods like baking or roasting.
- Stir-fry vegetables using a small amount of water, or healthy oil such as canola or olive. Avoid deep frying.



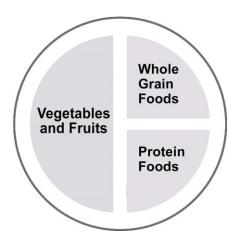
- Use only small amounts of water (½ cup or 60 mL), when steaming or microwaving vegetables or fruit. This helps keep more vitamins and minerals in the food.
- Flavour vegetables with herbs and spices instead of salt. You can also try lemon juice, orange juice, or flavoured vinegars.



# How can I eat plenty of vegetables and fruit each day?

### For meals:

• Fill half your plate, bowl, or lunch box with vegetables and fruits as shown on the Eat Well Plate below.



- Start your meal with a salad made from spinach, lettuce, or grated carrot. Top it off with chopped vegetables or fruit, like orange, apple, or strawberries.
- Add fresh or frozen vegetables to spaghetti sauce, soups, stews, chili, casseroles, or frozen meals.
- Double up on the vegetables in recipes. Use canned or frozen vegetables to save time.
- Eat fresh fruit or canned fruit packed in juice for dessert.
- Choose or make pizza topped with mushrooms, zucchini, red or green peppers, broccoli, spinach, shredded carrots, tomato slices, or pineapple.
- Add sliced fresh fruit to cereal or yogurt, or mix into pancake batter.
- Put lots of sliced or shredded vegetables on sandwiches and in wraps.



• Offer to bring a salad, vegetable dish, or fruit dish when eating with friends and family.

#### For snacks:

 Keep washed and sliced carrots, celery, peppers, zucchini, or cucumber in the fridge for a quick snack or to add to a lunch bag.



- Try unsweetened applesauce or fruit cups; they travel well and don't bruise.
- Make a fruit smoothie by blending ½ banana,
  ½ cup (125 mL) milk (skim, 1% or 2%), 1 cup (250 mL) fresh or frozen berries or other fruit, and 1 cup (250 mL) ice.
- Freeze fruit that has become too ripe. Use it later in baking or smoothies.
- Have a bowl of washed fruit at work or on your table at home for an easy-to-grab snack.



## Ideas and recipes online

Visit <u>healthyeatingstartshere.ca</u> for more information on nutrition and search for <u>inspiring</u> <u>healthy recipes</u>.

For storage tips for vegetables and fruits, visit <u>unlockfood.ca</u> and search "vegetable and fruit food safety facts."

To learn more about eating vegetables and fruits, go to <u>Canada.ca/FoodGuide</u>. Beside the plate, select '<u>Have plenty of vegetables</u> and fruits'.