



ADD COLOR WITH **FRUITS AND VEGETABLES**



Fruits and vegetables are a key part of an overall healthy eating plan. They're also delicious, colorful, versatile, convenient, affordable and fun. This guide includes great tips, resources and recipes to help you add color with heart-healthy fruits and vegetables.



WHAT YOU'LL FIND IN THIS GUIDE:

How to Eat More Fruits and Vegetables

What's a Serving?

So Many Benefits

Build a Better Sandwich

Seasons of Eating

Keep It Fresh

Budget Basics

Healthy Preparation

Mastering the Myths

Healthy Recipes

- Rosemary Balsamic Roasted Vegetables
- Frozen Yogurt Bark

Kids' Zone

- Fun Facts Monthly Calendar
- Fruit and Veggie Challenge

HOW TO **EAT MORE FRUITS AND VEGETABLES**

You can easily add color to every meal and snack. Try some of these practical tips that don't require a lot of changes to the way your family eats:


- Pack portable, easy-to-eat fruits and veggies in your work or school bag, and avoid vending machine temptations.
- Add frozen peas or broccoli to rice when it's almost done cooking.
- Add extra veggies to soups and stews.
- Have a meatless meal once a week. Think vegetable lasagna, Portobello mushroom "burgers" or grilled veggie kabobs.
- Fill out a sandwich with fruits and veggies. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini and/or sliced fruits like apple, avocado and pear.
- Keep frozen and canned fruits and vegetables on hand for when you need to throw together a meal in a hurry. Compare food labels and choose items without sauces and too much sodium.
- Work fruits and vegetables into your family's favorite dishes.
- Make adding fruits and veggies to meals a snap by cutting them up and keeping them in the fridge. They'll also be handy for snacking!
- When eating out, ask if you can substitute a fruit cup or side salad for fries and other less-healthy sides.
- Top yogurt, oatmeal and cereal with berries or sliced fruit.
- Make fruit popsicles. Freeze 100 percent juice or pureed fruit in an ice tray or popsicle mold.
- Add spinach, peppers or mushrooms into scrambled eggs and omelets.
- For snack time, keep fresh fruit and pre-chopped or no-chop veggies (such as baby carrots, cherry tomatoes and sugar snap peas) on hand, as well as single-serve containers of raisins or applesauce. Your kids may grab them instead of less-healthy snacks if they're readily available.
- Enjoy fruit for dessert most days and limit traditional desserts to special occasions.
- Make it fun for kids to try new fruits and veggies. Let them pick out a new fruit or vegetable in the grocery store each week, and figure out together how to cook or prepare it. You might end up expanding your palate as well!
- Eat the rainbow: A fun and tasty way to make sure your family is eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.
- Keep a bowl of whole fruit handy on the desk, table or countertop.

WHAT'S **A SERVING?**


FRUITS

4 servings per day


ONE MEDIUM FRUIT

 = About the size of your fist

FRESH, FROZEN OR CANNED

 = 1/2 CUP

DRIED

 = 1/4 CUP

FRUIT JUICE

 = 1/4 CUP


VEGETABLES

5 servings per day

RAW LEAFY VEGETABLE

 = 1 CUP

FRESH, FROZEN OR CANNED

 = 1/2 CUP

VEGETABLE JUICE

 = 1/2 CUP

*based on a 2,000 calorie eating pattern

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

FRUITS

Apple, pear, orange, peach or nectarine: 1 medium

Avocado: Half of a medium

Banana: 1 small (about 6" long)

Grapefruit: Half of a medium (4" across)

Grape: 16

Kiwifruit: 1 medium

Mango: Half of a medium

Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe

Pineapple: 1/4 of a medium

Strawberry: 4 large

VEGETABLES

Bell pepper: Half of a large

Broccoli or cauliflower: 5 to 8 florets

Carrot: 6 baby or 1 whole medium (6 to 7" long)

Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long)

Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)

Potato: Half of a medium (2 1/2 to 3" across)

Squash, yellow: Half of a small

Sweet potato: Half of a large (2 1/4" across)

Zucchini: Half of a large (7 to 8" long)

SO MANY **BENEFITS**

Fruits and vegetables are an important part of an overall healthy eating plan because they're typically high in vitamins, minerals and fiber and low in calories and saturated fat. Most fruits and vegetables also have no or little sodium. Avocados are even a good source of healthy fats your body needs. Eating a variety of fruits and vegetables may help you control your weight and blood pressure and reduce your risk of heart disease and stroke. They provide key nutrients many of us don't get enough of, such as calcium, fiber, iron, potassium, and vitamins A and C.

AVO-FREDO ZOODLES - AVOCADO ALFREDO ZUCCHINI NOODLES

Makes 4 servings

INGREDIENTS

4 Tbsp. olive oil (extra virgin preferred, divided use)	1/4 cup fresh basil
15-20 peeled, raw, medium shrimp (rinsed, patted dry)	2 Tbsp. fresh lemon juice
2 to 3 medium to large unpeeled zucchini, ends trimmed	2 medium garlic cloves
1 medium avocado (peeled, pitted, cut)	

DIRECTIONS

1. In a large skillet, heat 2 tablespoons oil over medium heat, swirling to coat the bottom. Cook the shrimp for about 4 minutes, or until pink on the outside, stirring occasionally. Remove from the heat. Transfer the shrimp to a large bowl. Cover to keep warm. Wipe the skillet with paper towels.
2. Put the zucchini on a cutting board. Using a spiralizer, julienne peeler, or mandoline, make zoodles from the zucchini.
3. In the same skillet, still over medium heat, heat the remaining 2 tablespoons oil, swirling to coat the bottom. Put the zoodles in the skillet.
4. In a food processor, process the avocado, basil, lemon juice, and garlic until the mixture is smooth and creamy.
5. Stir the sauce into the zoodles. Cook for about 3 to 4 minutes, or until the zoodles are tender and the sauce is heated through, stirring occasionally. Stir in the shrimp. Cook for 1 minute.

NUTRITION FACTS

Calories: 302	Cholesterol: 119mg
Total Fat: 22g	Sodium: 108mg
Sat Fat: 3g	Carbohydrates: 12g
Trans Fat: 0g	Fiber: 5g
Poly Fat: 2.5g	Sugars: 5g
Mono Fat: 15g	Protein: 19g

Dietary Exchanges: 2 vegetable, 2 lean meat, 3 fat

Copyright © 2017 American Heart Association,
Healthy For Good™, heart.org/healthyforgood



BUILD A **BETTER SANDWICH**

Sandwiches are a quick and easy meal, whether you make them at home or order out. Vegetables and fruits can make a sandwich healthier, tastier and more filling.



Add a variety of sliced or shredded produce, such as apple, avocado, carrot, celery, cucumber, greens, mushrooms, onion, peppers, radish, tomato and zucchini.

Replace some of the meat with extra veggies to cut back on sodium and saturated fat. For a hearty meatless sandwich try grilled veggies like portabella mushrooms or eggplant.



Try using flavorful spreads like guacamole, horseradish, hummus, pesto, salsa and tzatziki. They can take the place of traditional condiments like ketchup, mayo and mustard, which can have a lot of sodium, saturated fat and added sugars.

SEASONS/OF EATING

Your heart-healthy recipes will taste even better with seasonal produce.

SPRING

artichokes, asparagus, carrots, chives, fava beans, green onions, leeks, lettuce, parsnips, peas, radishes, rhubarb and Swiss chard



SUMMER

berries, corn, cucumbers, eggplant, figs, garlic, grapes, green beans, melons, peppers (sweet and hot), stone fruit (apricots, cherries, nectarines, peaches, plums), summer squash, tomatoes and zucchini



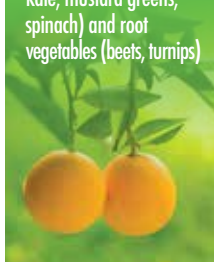
FALL

apples, brussels sprouts, dates, hard squash (acorn, butternut, spaghetti), pears, pumpkins and sweet potatoes



WINTER

bok choy, broccoli, cauliflower, celery, citrus fruit (dementines, grapefruit, lemons, limes, oranges, tangerines), collard greens, endive, leafy greens (collards, kale, mustard greens, spinach) and root vegetables (beets, turnips)



KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- 1** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- 2** Shop the farmers' market to learn more about produce and get ideas on how to prepare foods in season.
- 3** Gardening gives you fresh seasonal produce and a little exercise, too. The sense of accomplishment you'll feel will make that produce taste even better!
- 4** Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
- 5** Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrup).
- 6** Choose canned and frozen vegetables without sauces that can be high in sodium and saturated fat.
- 7** Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.

KEEP IT/FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables.



1/PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS

SWEET POTATOES, POTATOES, & YAMS

HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

WATERMELON

The American Heart Association recommends 4 servings of fruit and 5 servings of vegetables per day.

2/COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

3/REFRIGERATOR

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

CUCUMBERS, EGGPLANT & PEPPERS

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELONS

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

ZUCCHINI & SUMMER/YELLOW SQUASH

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

BUDGET/BASICS

By creating a food budget, planning menus and shopping wisely, you can save money and enjoy delicious, nutritious meals!

PLAN YOUR MEALS

MAKE FRUITS AND VEGETABLES A PRIORITY. When meal planning, start with the vegetables you want to serve and add your protein and whole grains from there.

GO MEATLESS ONCE A WEEK. Skip the meat and make room for more vegetables! Whole grains and beans provide protein, and they're often more affordable and may require less work to prepare. Burritos, tacos, soups and pasta dishes are family favorites that can easily be made meatless. Many recipes also make enough for you to cook once and eat twice by saving leftovers.

BUY FRUITS AND VEGETABLES IN SEASON. Seasonal produce is fresh and tasty, and it's often more affordable. Carrots, potatoes and greens are versatile and readily available. Bananas, grapes, apples and oranges are generally the most affordable fruits year-round.

- For the best price, buy in bulk, but don't buy more than you can use before it spoils.
- Shop your local farmers' market. Looking at the produce and talking with growers may give you ideas about what to cook.
- Many farmers' markets accept SNAP benefits — see if yours does!
- Make casseroles, soups and other seasonal produce recipes when the ingredients are at their freshest, then freeze them. This will keep the meal tasting its best and give you a quick dinner on a busy night! Label your containers with dates and check for spoilage or freezer burn before using.

MAKE A LIST

HAVE A GAME PLAN. Before you go shopping, make a meal plan for the week, but be prepared to be flexible — you might encounter an unexpected sale item. Based on your recipes for the week, write down what ingredients you need to buy. Note the quantity of items needed (i.e., four tomatoes, two onions) and which coupons you have. Without a list, you're likely to spend more money on impulse buys and waste time wandering around the store.

INVENTORY YOUR PANTRY AND FREEZER. Frozen and canned fruits and vegetables have lots of good nutrients without being too high in calories, and they generally last a long time without spoiling. Plus, they're great to have on hand when you're low on funds or don't feel like heading to the store. Compare food labels and choose products with the lowest amounts of sodium and added sugars.

ADD HEALTHY SNACKS TO YOUR LIST. Your family will grab fruits and veggies if they're readily available. Produce that's already cleaned and cut up is especially appealing.

SHOP SMART

KNOW THE DIFFERENT TYPES OF GROCERY STORES AND THE PRICES THEY CHARGE. A basic grocery store sells a wide selection of foods and basic household items. A supermarket is larger and stocks food along with clothing, electronics and other household accessories. Many convenience stores are smaller (often connected to gas stations) and primarily offer pre-packaged snacks and candy. Specialty grocery stores and delis sell unique types of food, but usually have less variety and may be more costly. Grocery stores and supermarkets tend to have the most affordable food prices.

VISIT A GROCERY STORE CLOSE TO YOUR HOME. Make shopping as easy as possible, and get to know your grocery store aisles and shelves. Look for aisle markers to help you locate an item. Ask the staff to direct you to save time.

COMPARE PRICES AS YOU SHOP. Store-brand products may be more affordable, but remember to check the Nutrition Facts label.

SIGN UP FOR CLUB CARDS AND ONLINE COUPONS WHEN STORES HAVE THEM. You may get special savings alerts and discounts.

BUY IN BULK WHEN IT MAKES SENSE. If fresh produce is on sale, decide whether it's better for you to buy in bulk or just buy a week's worth. If you have a recipe in mind to use the produce and freeze it, this can be a cost-efficient time saver for busy weeknight dinners. Otherwise, choose the amount your family can consume before the produce spoils. Follow fresh produce storage guidelines to maximize the flavor and life of your produce!

SAVE YOUR RECEIPTS. When you get home, compare what you spent to what you budgeted. Adjust your meal planning and budgeting, if needed.

USE COUPONS FOR FOOD ITEMS YOU PLAN TO BUY. And compare prices. Having a coupon for an item doesn't always mean that it's the best deal.

HEALTHY/**PREPARATION**

Fruits and vegetables have many nutrients that are good for our bodies. But cooking methods that add saturated fat, like deep frying or using heavy creams, can turn healthy ingredients into unhealthy meals. To have better control over the nutritional content and the overall healthfulness of the foods you eat, prepare meals at home using healthier methods, such as:

Baking: Bake foods slowly in the oven in covered cookware with a little extra liquid.

Blanching: After boiling 30 seconds in water, plunge the food into ice water to stop the cooking. This keeps it tender-crisp.

Boiling: Cook food in water or broth that's bubbling vigorously.

Braising or stewing: Cook food slowly in the oven or on the stovetop with a little liquid (water or broth).

Broiling: Place food directly under a heat source at high temperature.

Grilling: Cook food on a rack or skewers directly over a heat source.

Poaching: Immerse the food in simmering liquid.

Roasting: Cook food uncovered in the oven.

Sautéing: Use a nonstick pan so you will need little or no oil. Or use a nonstick vegetable spray, a small amount of broth or wine, or a bit of healthy oil rubbed onto the pan with a paper towel.

Steaming: Steam food in a covered basket over simmering water.

Stir-frying: Use a wok to cook food quickly over high heat in vegetable stock, wine or a small amount of healthy oil.

These cooking methods can help your veggies and fruits retain flavor, color and nutrients. Here are a few more important tips:

- Avoid salt and high-sodium seasonings like teriyaki and soy sauce. Instead, use herbs, spices, salt-free seasoning blends, flavored vinegars, peppers, garlic and citrus juice or zest to enhance flavor.
- Use healthier oils such as olive, canola, corn or safflower oil as your primary fats for cooking. Try to avoid using butter, lard, shortening, partially hydrogenated oils and products containing trans fat.
- Drain and rinse canned vegetables and beans to remove excess salt or oil.
- Cook vegetables just long enough to make them tender-crisp. Overcooked vegetables can be less tasty and less nutritious.

MASTERING *THE MYTHS*

Don't let these falsehoods keep you from getting enough fruits and vegetables on your plate!

MYTH *ORGANIC COSTS MORE, SO IT MUST BE BETTER FOR ME.*

To be considered "organic," an agricultural product must be grown or raised according to specifications of the U.S. Department of Agriculture. Organic products cost more because of the increased cost of complying with USDA standards and a decreased yield per acre. Studies have not shown nutrition-related health effects from consuming organically produced foods. The American Heart Association encourages consumers to eat a variety of colorful fruits and vegetables, whether or not they're organic.

MYTH *JUICE DOESN'T COUNT AS A SERVING OF FRUIT.*

One serving of 100 percent juice (4 ounces) can replace one fruit serving. However, juice isn't as filling or nutritious as whole fruit and may add excess calories. Stick to a small glass of 100 percent juice with no added sugars. Combine juice and water to make it go further.

MYTH *FRESH PRODUCE IS HEALTHIER.*

Fresh, dried, canned and frozen fruits and vegetables are all good choices. They're nutritionally comparable in most cases. Frozen fruits and vegetables are typically picked at the peak of ripeness and flash-frozen to preserve optimal nutrition. They last for several months in the freezer and can be an economical choice. Choose products without sauces or seasonings that may contain excess salt, added sugars and calories. Canned fruits and veggies are convenient to have in your pantry when you can't get to the store; they can even be kept at work (with a can opener) for an afternoon snack. Since they're non-perishable, you won't waste money – which sometimes happens with fresh produce that goes bad. Compare food labels and choose items with the lowest amounts of sodium, added sugars and saturated fat. Drain and rinse canned veggies to get rid of some of the sodium. Choose fruit canned in water, natural fruit juice or light syrup (drain and rinse).

MYTH *WHITE-COLORED FOODS AREN'T HEALTHY.*

White fruits and vegetables, such as banana, cauliflower, garlic, Jerusalem artichoke, mushroom, onion, potato and parsnip, provide many of the same nutrients as their more colorful cousins. You can enjoy a variety of colored fruits and vegetables in a balanced diet. Bananas and potatoes can provide potassium, an important nutrient that lessens the impact of sodium in the diet and is typically not eaten in high enough quantities by Americans.

HEALTHY/RECIPES

Cooking at home is an affordable and enjoyable way to be sure your family gets their recommended daily servings of fruits and vegetables. Try one of these easy recipes!

ROSEMARY BALSAMIC ROASTED VEGETABLES

8 servings

INGREDIENTS

Cooking spray

1/2 lb. Brussels sprouts, brown ends trimmed off and cut in half

1/2 medium cauliflower (cut into florets)

4 medium carrots (peeled, sliced)

Turnips, peeled and chopped into 1/2 inch cubes

Beets, peeled and chopped into 1/2 inch cubes

Sweet potato (peeled, optional) cut into 3/4 inch cubes

3 Tbsp. balsamic vinegar

3 tsp. extra virgin olive oil

2 tsp. no-calorie sweetener (granulated)

2 Tbsp. fresh, chopped rosemary or 2 tsp. dried rosemary

2 clove fresh, minced garlic

1 tsp. onion powder

1/2 tsp. pepper

1/4 tsp. salt

DIRECTIONS

1. Preheat oven to 375.
2. Spray 9 x 13 baking dish with cooking spray.
3. Thoroughly wash all vegetables, cut and toss together in large bowl.
4. In small bowl, whisk together vinegar, oil, no-calorie sweetener, rosemary, garlic, onion powder, pepper and salt. Pour over vegetable mixture and toss well.
5. Pour vegetable mixture into prepared 9 x 13 baking dish. Bake in preheated oven for 30-35 minutes, stirring once, until all vegetables pierce easily with a fork.

NUTRITION FACTS

Calories: 98

Total Fat: 2.1g

Sat Fat: 0.3g

Trans Fat: 0.0g

Poly Fat: 0.3g

Monou Fat: 1.3g

Cholesterol: 0mg

Sodium: 170mg

Total Carbohydrate: 19g

Dietary Fiber: 5g

Sugars: 8g

Protein: 3g

Dietary Exchanges: 3 vegetable, 1/2 fat



FROZEN YOGURT BARK

8 servings

INGREDIENTS

1 1/2 cups 2 percent low-fat plain Greek yogurt
2 Tbsp. honey
2 Tbsp. chopped, unsalted almonds

1/2 cup chopped mango
1/4 cup blackberries or raspberries, chopped if large
1/2 cup blueberries

DIRECTIONS

1. In a medium bowl, add yogurt and honey. Mix together to combine.
2. Line a 9-inch by 13-inch baking dish with parchment paper. Use a spatula or knife to spread the yogurt as thin as possible over the entire bottom of the dish.
3. Add the chopped nuts over the top of the yogurt. Use your fingers to slightly press them into the yogurt. Peel the mango, cutting the slices around the pit. Finely chop the mango, along with the berries, if they are larger than bite-sized and need chopping. Top the yogurt with the fruit; add as much fruit as will fit over the top. Again, slightly press fruit into the yogurt.
4. Cover with plastic wrap or foil and place in the freezer overnight.
5. When ready to serve, lift the parchment paper from the baking dish onto a cutting board. Use your hands to break bark apart into pieces (even by slightly banging the bark onto the cutting board). Serve.
6. Keep remaining pieces wrapped in parchment paper and sealed in a large Ziploc bag in the freezer for up to 1 month.

COOKING TIP: The same amount of maple syrup or simple syrup can also be used to sweeten the bark in place of honey.

KEEP IT HEALTHY: Most fruits can be used for the bark, from pomegranate seeds in the fall to diced peaches in the summer.

TIP: Let your kids come up with more ideas on what to use to top the bark—shredded unsweetened coconut, sunflower or pumpkin seeds, any type of nut, or even a tablespoon of chocolate chips. If desired, mix 1/2 cup chopped fruit into the yogurt before adding the baking dish and then top again with fruit for a different spin on the same concept.

NUTRITION FACTS

Calories: 70.3	Cholesterol: 2.8mg
Total Fat: 2.0g	Sodium: 14.7mg
Sat Fat: 0.7g	Total Carbohydrate: 9.7g
Trans Fat: 0.0g	Dietary Fiber: 0.8g
Poly Fat: 0.3g	Sugars: 8.6g
Mono Fat: 0.7g	Protein: 4.2g
Dietary Exchanges: 1/2 lean meat, 1/2 other carbohydrate	



KIDS/**ZONE**

FUN FACTS MONTHLY CALENDAR

Got the broccoli blues? Bored with bananas? The good news is there are many different fruits and vegetables that can help you get the recommended daily amount.

Use this calendar to try new fruits and vegetables every month. Talk with your family and come up with your own ideas to add!

	Fruits	Vegetables	Fun Fact and Tip
January	Kiwifruit Pear	Celery Spinach	Kiwifruit was named by the people of New Zealand after their national bird the kiwi. Try adding kiwifruit to fruit salad.
February	Orange Tangerine	Carrot Turnip	Turnips were carved and used as lanterns before pumpkins became the Halloween tradition. Try adding turnips and carrots for a new take on mashed potatoes.
March	Apricot Avocado	Corn Swiss Chard	The avocado is actually a large berry and is sometimes called an alligator pear. Add avocado slices to your sandwich, or scoop it right out of the peel with a spoon!
April	Banana Mango	Asparagus Snow Pea	A less sweet type of banana often used in cooking is called a plantain. Make fruit kabobs with bananas, mangos and your other favorite fruits.
May	Honeydew Melon Strawberry	Artichoke Green Bean	The average strawberry has more than 200 seeds. Add strawberries to a salad for a hint of sweetness.
June	Blackberry Watermelon	Cucumber Summer Squash	Squash is actually a fruit, not a vegetable, because it contains the seeds of the plant. Try growing summer squash in your garden.
July	Cantaloupe Plum	Sugar Snap Pea Tomato	Tomatoes are eaten more than any other fruit or vegetable in the United States. Tiny cherry or grape tomatoes are a fun and delicious snack.
August	Cherry Peach	Okra Zucchini	Peaches are botanically related to almonds. They both make a great addition to whole-grain cereal or oatmeal.
September	Pineapple Pomegranate	Bell Pepper Butternut Squash	The pineapple got its name because it looked like a pine cone. Make a healthy pineapple salsa to serve with fish or chicken.
October	Apple Grape	Brussel Sprouts Cauliflower	Brussels sprouts are named for the capital of Belgium. Try roasted Brussels sprouts chips for a healthy, crunchy snack.
November	Cranberry Pear	Broccoli Cabbage	Not all pears are pear-shaped; some types look more like apples. Add sliced pears to sandwiches and salads.
December	Clementine Grapefruit	Kale Sweet Potato	A sweet potato is not a potato at all; it's more closely related to a carrot. Try baked sweet potato fries for a healthy side dish.

FRUIT AND VEGGIE CHALLENGE

Keep track and see how many fruits and veggies you're eating. If you're not meeting the recommended daily amounts, try to improve your record or challenge your family to a weekly competition! Make copies of this chart and use it to track your success by listing the fruits and veggies you eat each day.

WEEK:	FRUITS	VEGETABLES
	Goal: at least 4 each day	Goal: at least 5 each day
Monday	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Tuesday	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Wednesday	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Thursday	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Friday	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Saturday	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Sunday	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
WEEKLY TOTALS:	_____	_____



Healthy For Good™

National Center

7272 Greenville Avenue • Dallas, Texas 75231

heart.org/HealthyForGood