

FRUITS AND VEGETABLES ALL YEAR LONG!

5

**Eat at least five fruits
and vegetables a day!**

There's no reason not to have fruits and vegetables year-round. Here's why frozen or canned produce is a good choice:

For Health

- They're just as good for you as fresh fruit and vegetables – their nutrients are preserved in the canning and freezing process.
 - Choose fruit packed in their natural juice, not in syrup.
 - Choose canned vegetables that are salt-free. You can season to taste. If you have only have salted canned vegetables, rinse in water before preparing.

For Savings

- They cost less than fresh fruit and vegetables.

For Convenience

- They're always in season.
- You'll have lots of choices.
- They're easily stored.
- They're already washed and cut—ready for your favorite recipe!

Add Frozen and Canned Vegetables to

- Chili
- Soups or stews
- Stir-fry
- Pasta sauce
- Casseroles

Use canned black beans, corn, peppers, and onions to spice up a Mexican dish. Add chick peas or kidney beans to any salad.

Add Frozen and Canned Fruits to

- Smoothies
- Yogurt parfaits
- Plain yogurt
- Fruit salad
- Cereal
- Stir-fry (pineapple)

Or simply use as a side dish!



www.iowahealthieststate.com/5210

This resource is adapted from Let's Go! materials. www.letsgo.org.

SOOOOOO cool!

