

Fruits & Veggies-- T.A.S.T.E. Guide



You know fruits and veggies are good for you and your family, but getting enough isn't always easy. You want taste and convenience; you need variety and nutrition. You know that more fruits and veggies matter to your family, but how do you keep them coming back for more? **Keep great T.A.S.T.E. in mind . . .**

Try something new! Everyone's tastes change over time. Experiment and try new ways of preparing old favorites.

- Add excitement to favorite dishes with fruits and veggies—add shredded veggies to meatloaf or dried fruits to rice dishes for extra texture and flavor.
- Have the same veggie in a different color such as purple carrots or orange cauliflower.
- Try fruits in new ways—make a mango salsa, added dried, chopped apricots to chicken salad, or grill peaches or pineapple slices for dessert.

All forms of fruits and veggies count!—fresh, frozen, canned, dried, and 100% juice. When you think of produce, don't just limit yourself to the fresh products.

Shop Smart! Shopping smart means shopping with a plan.

- Plan your menus in advance, make a list of fresh fruits and veggies you will use in the next few days, and then stock up on canned, frozen, and dried fruits and veggies for the rest of the week. This can help reduce spoilage and waste, which saves money.
- As a general rule, plan on filling about half your plate with fruits and veggies at meals. This will help you get an idea of how much to purchase.
- To combat 'snack attacks,' stock up on extra fruits and veggies—they're tasty and convenient!

Turn it into a family activity! Include the kids in shopping and cooking.

- Kids love to help choose the foods they will eat—why not make it a healthy choice? Encourage them to select something they like as well as something new.
- Make it fun! Help kids learn and establish good eating habits with fruits and veggies—be a good role model!

Explore the bountiful variety! With over 200 varieties of ripe, juicy, delicious fruits and crispy, savory veggies, there is an almost endless bounty to choose from.

- When you think variety, think color. Eating fruits and veggies of different colors—red, dark green, yellow, blue, purple, white, and orange provides the broadest range of nutrients.
- Colorful fruits and veggies are dietary sources of important nutrients many people don't get enough of, such as fiber, folate, potassium, vitamin A, vitamin C, and magnesium.

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For more information, visit
www.fruitsandveggiesmorematters.org

