Vary Your Veggies and Focus on Fruits

Vegetables and fruits are important for us to eat because they contain fiber, vitamins and minerals, which keep us healthy. Choosing different colors of vegetables and fruit is an easy way to make sure you get variety.

Red: apples, cherries, strawberries, watermelon, peppers and tomatoes
Yellow/Orange: apricots, peaches, carrots, oranges, cantaloupe, mango, winter squash and sweet potatoes
Green: grapes, pears, bok choy, broccoli, beans, peas, peppers, chiles, lettuce, spinach and collard greens
Blue/Purple: eggplant, blackberries, blueberries, plums, grapes and raisins
White: bananas, jicama, potatoes, cauliflower, garlic, onions, potatoes, mushrooms and plantains

How Much Do We Need Each Day?
- Ages 2-13
  Vegetables: 1-2½ cups
  Fruits: 1-1½ cups
- Ages 14+
  Vegetables: 2½-3 cups
  Fruits: 1½-2 cups

Saving Money When Buying Vegetables and Fruits
1. Buy fresh vegetables and fruits in season.
2. Buy large bags of frozen vegetables. They usually cost less per serving and you can cook just the amount you need.
4. Buy frozen juice concentrate instead of fresh or canned juices.
5. Prepare it yourself. Washed, sliced, chopped and shredded fresh vegetables and fruits cost more.

Storing Vegetables and Fruits:
- Onions, potatoes, sweet potatoes - Store in a cool, dark place. Light causes potatoes to green under the skin. Cut the green areas off - they are toxic.
- Bananas and tomatoes - Store at room temperature
- Other vegetables and fruits - Store in the lower refrigerator drawers.
- Leftover cooked or cut up vegetables and fruit - Store in the lower refrigerator drawers.
- Frozen vegetables - Store in the freezer for up to 8 months; if thawed, use in 3-4 days.
- Store vegetables and fruits unwashed until ready to use. They’ll last longer!

PARENTING TIP
The American Academy of Pediatrics recommends that juice should not be given to infants before 6 months of age. When introduced, juice should be served in a small drinking cup, not a bottle or covered cup as large amounts of juice can lead to tooth decay and overweight. Using bottles or sipping cups allows children easy access to lots of juice throughout the day. In fact, fruit juice should be limited ½-¾ cup per day for children 1 to 6 years old. For children 7 to 18 years old, juice should be limited to 1-½ cups per day. As often as possible:
1. Encourage fruit instead of fruit juice.
2. If serving juice, make sure that it is 100% juice.
3. Offer water often.

Healthy Recipe: Fruit Cup
In a serving bowl, cut up and mix together several different fresh, canned (drained) or frozen fruits. For example, peel and cut up an orange, cut up an apple and banana into bite-size pieces. Mix with a can of chunk pineapple. Sprinkle with a few frozen berries. For a fruit dressing, top with a spoonful of flavored yogurt or add orange juice to vanilla yogurt for a great dressing. This makes a good salad or dessert.

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