



University of Nevada  
Cooperative Extension

# Your foodLINK



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## Vary Your Veggies and Focus on Fruits

### 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.



### 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 1-1½ 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.

### 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.

3. Buy plain frozen vegetables instead of vegetables in sauces.
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.

### Fruit and Vegetable Handling

1. Prep the kitchen. Before preparing fruits and vegetables, wash your hands with warm water and soap. Use hot soapy water to clean your cutting board, countertop and utensils.
2. Wash with water. Before use, thoroughly rinse fresh produce under running tap water, including those with skins and rinds that are not eaten. There's no need to use vegetable cleaners and never use detergent or bleach to wash fresh fruits and vegetables. These products are not intended for consumption.
3. Scrub thoroughly. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
4. Cut for caution. Remove and throw away damaged or bruised

areas on produce. Bacteria can thrive in these places.

### 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!

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-992-0900 ext. 47200 or visit [www.welfare.state.nv.us](http://www.welfare.state.nv.us). All organizations contributing to this publication are equal opportunity providers and employers.

