

Fruits & Vegetables, Your Connection to Better Health!



Fruits & Vegetables

- **US Dietary Guidelines**
- **What counts as a fruit or vegetable?**
- **How much do YOU need?**
- **Health Benefits**
- **Food Safety Tips**
- **Optimal Cooking Methods**
- **Food & Drug Interactions/Diet Restrictions**
- **Creative & easy ways to incorporate them into your diet**

US Dietary Guidelines

- **Consume a sufficient amount of fruits & vegetables while staying within energy needs**
- **Choose a variety each day selecting from 5 subgroups of vegetables each week (each group provides a different array of nutrients)**

How many cups do YOU need per day?



	<u>Fruits</u>	<u>Vegetables</u>
Women 51 +	1 ½ cups	2 cups
Men 51 +	2 cups	2 ½ cups

Vegetables

5 Sub Groups

Orange

Starchy



Dark
Green

Other

Dry Beans & Peas

How many cups of vegetables do YOU need per week?



VEGETABLES PER DAY

WOMEN 51+ 2 CUPS

MEN 51+ 2 1/2 CUPS

SUN **MON** **TUES** **WED** **THURS** **FRI** **SAT**

VEGETABLES PER WEEK

	<u>DK. GREEN</u>	<u>ORANGE</u>	<u>DRY BEANS & PEAS</u>	<u>STARCHY</u>	<u>OTHER</u>
WOMEN 51+	2 CUPS	1 1/2 CUPS	2 1/2 CUPS	2 1/2 CUPS	5 1/2 CUPS
MEN 51+	3 CUPS	2 CUPS	3 CUPS	3 CUPS	6 1/2 CUPS

What counts as a fruit ?

Forms

- Fresh, Frozen, Dried,
- Canned (in own juice or in water, Splenda)
- 100% fruit juice
- Can be whole, cut up or pureed



How much is a cup?

- 1 cup fruit or 1 cup 100% fruit juice, or ½ cup dried fruit = 1 cup from fruit group



What counts as a vegetable?

Forms

- Raw, Cooked, Fresh, Frozen, Canned, Dried/dehydrated, 100% vegetable juice
- (can be whole, cut up, or mashed)

How much is a cup?

- 1 cup raw or cooked vegetables, 1 cup vegetable juice, OR 2 cups raw leafy greens = 1 cup from vegetable group



Questions



- How much baby spinach is considered 1 cup of vegetables?

Answer: 2 cups

- How much raisins are considered 1 cup of fruit?

Answer: ½ cup

- Name the 5 vegetable sub groups

Answer: dark green, starchy, dry beans & peas, orange, & other



Health Benefits

Important sources of many nutrients:

FRUITS

- Potassium, Dietary Fiber, Folate, & Vitamin C

VEGETABLES

- Potassium, Dietary Fiber, Folate, Vitamins A, C, & E

Health Benefits

Potassium- may help maintain healthy blood pressure

Folate- helps the body form red blood cells

Dietary Fiber- 25-40g per day helps reduce blood cholesterol, may lower risk of heart disease, aides in bowel function, help provide a feeling of fullness with fewer calories, aides in weight management, may help control blood sugar levels, & may help prevent colon cancer

Health Benefits

Vitamin A- keeps eyes & skin healthy & helps to protect against infection

Vitamin C- helps heal cuts & wounds & keeps teeth & gums healthy, also aides in iron absorption

Vitamin E- helps protect Vitamin A & essential fatty acids from cell oxidation

Health Benefits

- Phytochemicals – natural plant compounds that provide a variety of health benefits (come from the color)



- Antioxidants- plant substances that help maintain health
- Eating foods high in antioxidants slows the process associated with aging and protects against chronic diseases
- Vitamins C & E

Other Health Benefits

- May reduce the risk for stroke, type 2 diabetes, & cardiovascular diseases
- May protect against certain cancers
- Due to fiber content, are more beneficial when consumed as whole foods rather than as juice
- May reduce the risk of developing kidney stones and may help to decrease bone loss
- Useful in helping to lower calorie intake due to low in calories

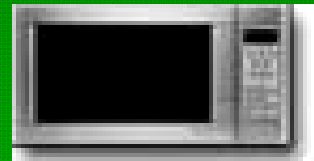
Fruit & Vegetable Food Safety Tips



- **ALWAYS WASH BEFORE PREPARING OR EATING THEM**
- Under clean, running water, rub vegetables briskly with your hands to remove dirt and surface microorganisms.
- Dry after washing
- Keep separate from raw meat, poultry, and seafood while shopping, preparing, or storing

Cooking Vegetables

- Don't overcook, you can lose vitamins, flavor, color & texture, (crunchy)
- Best cooking methods:
Micro waving,
Grilling, & Steaming



Food & Drug Interactions & Diet Restrictions

Potassium

- Diuretic medications may cause a loss or increase of potassium
- Too much potassium can be harmful therefore do not change your diet on your own, check with your doctor, ask dietitian

Coumadin & Vitamin K

- Coumadin decreases the clotting ability of your blood so blood clots are prevented
- Important to keep coumadin levels within therapeutic range avoiding low & high levels
- Coumadin interacts with Vitamin K in your diet
- Vitamin K is necessary in the blood clotting process
- Consistency is important! Eat the same amount of vegetables from week to week (do not eat a lot of green leafy vegetables one week & then none the next) Do not avoid dark green vegetables entirely.

Incorporating fruits & vegetables into your diet

Think **Variety** !

- Each fruit & vegetable has different combinations of nutrients, but no one has them all

Think **Color**!

- Red, green, orange, yellow, blue/purple & white



Ways to incorporate vegetables into your diet

- Plan some meals around a vegetable dish (stir fry, add to pasta dishes, risotto)



- Shred carrots or zucchini into meatloaf, casseroles, quick breads, & muffins
- Include chopped vegetables in pasta sauce or lasagna



- Use pureed or mashed carrots, peas or potatoes to thicken soups
- Dip fresh vegetables in low fat salad dressing
- Try a veggie pizza (broccoli, onions, peppers, tomatoes, mushrooms)

Ways to incorporate fruits into your diet

- Top cereals with bananas, peaches, blueberries, or strawberries
- Make fruits more appealing by dipping them in low fat yogurt
- Small, fresh fruit smoothie as a snack
- Keep a bowl of fruit in sight
- Try fruit as a dessert



Salads

- **Variety & Color**
- **Green leafy vegetables** (romaine lettuce, baby spinach, cabbage (packaged), various greens)
- **Add legumes** (kidney beans, garbanzo beans)
- **Add fruit too** (strawberries, mandarin oranges, fresh pineapple, mangos, avocados)



Sandwiches

- **Variety, Color, and textures**
- **Add green leafy vegetables**
- **Tomatoes, cucumbers, onions, peppers**
- **Grilled vegetables**
- **Go for spinach or tomato wraps**
- **Be creative!**



Take the Challenge!

YOU CAN do it!

- Eat 1 more serving of fruits or vegetables each day until your goal is reached
- *Think* **Variety & Color** !
- Be adventurous and try new fruits & vegetables
- Stay within energy needs & any diet restrictions

Have fun doing it!



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