

Key Messages

- One serving of fruits and vegetables is:
 - 1 medium piece of fruit
 - 1 cup of raw leafy vegetables
 - 1/2 cup of 100% fruit or vegetable juice
 - 1/2 cup cooked or canned vegetables or fruit
 - 1/2 cup cooked dry beans or peas
 - 1/4 cup dried fruit
- When buying fresh produce, buy an amount you think you can eat in a few days. Keep the foods where you will see them otherwise you may forget about them! If they are in the fridge, keep them visible when you open the door.
- The following produce ripens well in a paper bag on the counter at room temperature for 1 to 3 days: avocados, kiwi, nectarines, peaches, pears, and plums. Once it's ripe, then place in the refrigerator.

Overview

- Fruits and vegetables are full of vitamins, minerals, and antioxidants. They are also an excellent source of fiber, which has been shown to help reduce cholesterol and may aid in controlling blood sugar levels and cancer prevention.
- Fiber promotes good bowel health and can help relieve constipation. Drink more fluid as you eat more fiber.

This institution is an equal opportunity provider.

Fruits and Vegetables Nutrition Information



Senior Farmers Market Nutrition Program



State of Wisconsin
Department of Health Services
Division of Public Health
P-00249 (02/2017)

2015-2020 Dietary Guidelines

A healthy eating pattern includes:

- A variety of vegetables from all the groups including: dark green, red and orange.
- Plenty of whole fruits, less juice or peeled fruit, to get the most nutrients.
- A shift to healthier food and beverage choices that limits added sugars, saturated fats, and sodium. These foods promote health, help maintain a healthy body weight, and reduce the risk of chronic disease.
- More nutrient-dense foods across and within all food groups—vegetables, fruits, fat-free or low-fat dairy or soy milk products, and protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds and soy products.

Fruits and vegetables are sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases.

Fiber

Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease.

Excellent vegetable sources:

Navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes

Potassium

Diets rich in potassium may help you maintain healthy blood pressure. However, for some people, potassium in excess can be harmful. People with kidney problems may not be able to rid the body of excess levels of potassium so they may need to limit their intake. Ask your doctor or registered dietitian.

Excellent to good fruit and vegetable sources:

Sweet potatoes, tomato paste, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice/prunes, radishes, broccoli, brussels sprouts

Vitamin A

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

Excellent fruit and vegetable sources:

Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

Vitamin C

Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.

Excellent fruit and vegetable sources:

Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, brussels sprouts, oranges, tomato juice, cauliflower

Source: <https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health>

**Enjoy many of these fruits and vegetables
seasonally at the farmers' market!**