

NUTRIFAX[®]

Give Me 5! Colors That Jive!

It is important to eat at least five servings of fruits and vegetables each day. These may be fresh, frozen, canned or juices. Research shows families with children under 12 years of age eat less than five servings of fruits and vegetables per day. We get the most nutritional benefits when these foods are brightly colored. The pigments that make fruits and vegetables colorful and appealing are filled with important nutrients, antioxidants and phytochemicals. The deeper the color, the greater the amount of beneficial substances.

The color substances protect against cardiovascular disease, lower blood pressure and certain cancers. Some help preserve eyesight while others guard against birth defects and cognitive decline. Bone and muscle strength, healthy skin and teeth, and protection from pollution damage are other benefits.

SUGGESTED SERVING SIZES:

- 1 medium piece of fresh fruit
- ¼ cup dried fruit
- ½ cup canned or cooked fruit or vegetable
- ¾ cup fruit or vegetable juice
- 1 cup salad greens

Produce Check: The average American family annually throws away \$100 for fresh vegetables that spoil before they are used.

(Source: *Weight Watchers*)

American Dietetic Association recommends juice be substituted for only one of the five daily servings. Juice is typically higher in simple sugar and no fiber.

| <u>Color</u> | <u>Fruits</u> | <u>Vegetables</u> |
|---|--|--|
| RED | Cherries Cranberries Watermelons Apples Strawberries | Beets Radishes Red Pepper Tomatoes |
| Contain antioxidants and anthocyanins - Lower risk of some cancers, healthy heart, and memory function | | |
| ORANGE AND DEEP YELLOW | Apricots Cantaloupe Grapefruit Tangerines | Oranges Peaches Pineapple |
| | | Carrots Sweet Corn Sweet Potato Yellow Peppers Yellow Squash |
| Contain beta-carotene, Vitamin A, Vitamin C - Maintain vision, healthy heart, and lower risk of some cancers | | |
| DARK GREEN | Kiwis Green Apples Green Grapes Green Pears | Broccoli Green Peas Green Peppers Celery Cucumber Green Beans |
| Contain minerals: calcium and iron - Promote strong bones and teeth | | |
| PURPLE | Grapes Plums Raisins | Eggplant Purple Cabbage |
| Contain antioxidants anthocyanins and phenolics - Memory function and lower risk of some cancers | | |
| WHITE | Bananas Pears | Cauliflower Jicama Potato |
| Contain allicin and mineral selenium - Help lower cholesterol | | |

Food and Nutrition Services
Food and Nutrition Services
can assist in providing
nutrition information.
Call 703-813-4800 and
ask for a Registered Dietitian.

NUTRIFAX[®]

Ten Good Reasons to Eat Fruits and Vegetables.

1. **Prevent Cancer** – they are rich in natural vitamins, anti-oxidants and photo chemicals.
2. **Keep Trim** – fruits and vegetables in their natural form are very filling and low in calories and fat.
3. **Prevent Heart Disease** – they help prevent fatty deposits in blood vessels and help lower blood cholesterol.
4. **Bring Blood Pressure Down** – they are rich in minerals, especially potassium and magnesium.
5. **Prevent stroke** – decrease the risk of stroke up to 25%.
6. **Love Your Eyes** – antioxidants lower risk of cataracts and macular degeneration.
7. **Avoid Diverticulitis** – a high fiber diet defends against developing this disease.
8. **Help for Diabetes** – they raise blood sugar less than other carbohydrate containing foods and slow the absorption of blood sugar.
9. **Satisfy Your Sweet Tooth** – they are not just “empty calories” like those found in candy and soft drinks.
10. **Experience Pure Pleasure** – they are visually appealing and provide variety of tastes and textures to any meal.

QUIZ

True or False

- _____ 1. Most fruits are high in calories and fat.
- _____ 2. The peel of fresh fruit is a good source of fiber.
- _____ 3. A baked potato counts as a serving of vegetable.
- _____ 4. Most vegetables are low in calories and fat.
- _____ 5. Eating fruits and vegetables may help protect against cancer and heart disease.
- _____ 6. Brightly colored fruits and vegetables contain more nutrients.
- _____ 7. Eat a minimum of five servings of fruits and vegetables each day.
- _____ 8. Fruits and vegetables in any form (fresh, canned, frozen or dried) are healthy choices.
- _____ 9. Fruits and vegetables contain empty calories like soft drinks and candy.
- _____ 10. Limiting the amount and type of salad dressings on salads is important.

ANSWERS: 1. F 2. T 3. T 4. T
5. T 6. T 7. T 8. T 9. F 10. T