

# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## BROCCOLI

# BROCCOLI

VARY YOUR VEGGIES



source of vitamins



vitamin a, vitamin c, fiber  
and potassium

I can make

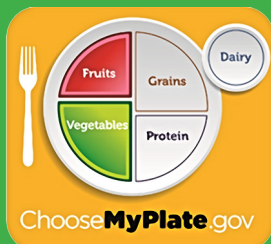
with broccoli at home.

Nutrition Facts	
Serving Size 1 cup flowerets 71g (71 g)	
Amount Per Serving	
Calories 20	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 19mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber	0%
Sugars	
Protein 2g	
Vitamin A	43% • Vitamin C 110%
Calcium	3% • Iron 3%

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- California produces almost all of the broccoli sold in the United States.
- Broccoli can be enjoyed raw or cooked. Although, raw broccoli has the most nutrients.



What fruit would you eat with  
broccoli to make  $\frac{1}{2}$  of your plate  
fruits and veggies?

# PARENT'S CORNER

## How to Select

When buying broccoli, choose a head that is firm and evenly colored, with tight bunches of florets.

## How to Store

Store broccoli in an open plastic bag in the refrigerator for up to seven days.

## Vegetable Pizza

### Ingredients

Total time: 1 hour

¾ cup pizza sauce  
1 cup broccoli, chopped  
1 cup carrots, shredded  
½ cup bell pepper, sliced  
1 cup reduced fat mozzarella cheese, grated

Recipe source: North Dakota State University Cooperative Extension at [www.ag.ndsu.edu/](http://www.ag.ndsu.edu/).

### Nutrition Facts

Serving Size 1 serving (137,16g)  
Servings Per Container 8

#### Amount Per Serving

Calories 230 Calories from Fat 100

% Daily Value\*

Total Fat 12g 18%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 430mg 18%

Total Carbohydrate 18g 6%

Dietary Fiber 3g 12%

Sugars 4g

Protein 14g

Vitamin A 60% • Vitamin C 35%

Calcium 30% • Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

1

Preheat the oven to 450°F. Prepare favorite yeast based pizza dough as directed and place on baking sheet. Spoon pizza sauce on pizza shell.

2

Arrange vegetables over sauce. Sprinkle on cheese. Bake for 10 minutes.

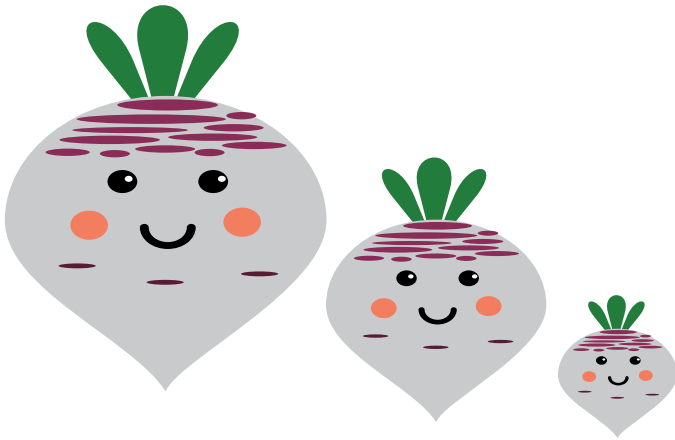
3

When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

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## TURNIPS



# TURNIPS

VARY YOUR VEGGIES



source of vitamins



fiber, potassium, and vitamin c

I can make

---

with turnips at home.

## Nutrition Facts

Serving Size 1 serving (122g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 35      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 80mg      **3%**

**Total Carbohydrate** 8g      **3%**

**Dietary Fiber** 2g      **8%**

**Sugars** 5g

**Protein** 1g

**Vitamin A** 0%      •      **Vitamin C** 45%

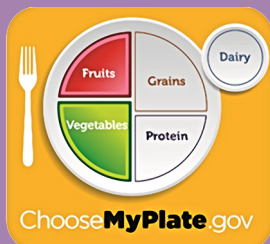
**Calcium** 4%      •      **Iron** 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- You can eat the turnip root and the leaves. Both are good for you!
- The greens can be steamed, just as you would spinach or add them to a spring salad mix for lots of flavor and color!



What fruit would you eat with  
turnips to make  $\frac{1}{2}$  of your plate  
fruits and veggies?

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# PARENT'S CORNER

## How to Select

Choose turnips that are heavy without soft spots and fresh leaves, if still attached.

## How to Store

Store refrigerated for only a few days. Otherwise turnips can become bitter.

## Roasted Root Vegetables

**Ingredients**      Total time: 1 hour and 15 minutes

4 medium-sized root vegetables  
(such as turnips, parsnips, beets), chopped  
2 carrots, chopped  
1 medium onion, chopped  
¼ cup canola oil  
3 tablespoons reduced-fat Parmesan cheese, grated

### Nutrition Facts

Serving Size 1 serving (244.5g)  
Servings Per Container 4

#### Amount Per Serving

Calories 220      Calories from Fat 130

#### % Daily Value\*

Total Fat 15g      23%

Saturated Fat 2.5g      13%

Trans Fat 0g

Cholesterol <5mg      2%

Sodium 160mg      7%

Total Carbohydrate 22g      7%

Dietary Fiber 4g      16%

Sugars 11g

Protein 3g

Vitamin A 190%      •      Vitamin C 35%

Calcium 10%      •      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

1

Preheat the oven to 350°F. Add vegetables, in a single layer, to the baking dish. Drizzle oil over the vegetables.

2

Add Parmesan cheese and mix well.

3

Bake for 1 hour or until tender.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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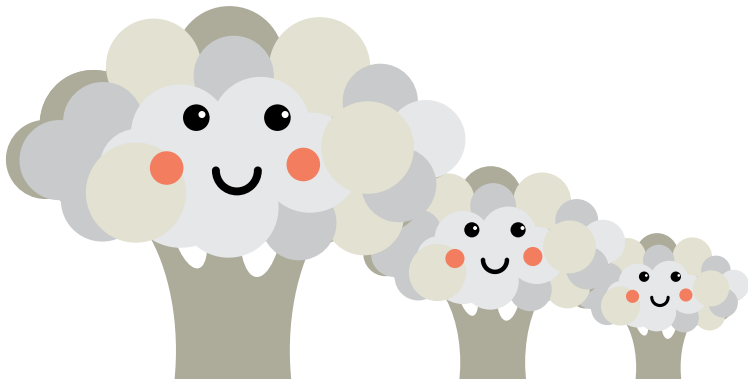


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# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## CAULIFLOWER

# CAULIFLOWER

VARY YOUR VEGGIES



source of vitamin



I can make

with cauliflower at home.

## Nutrition Facts

Serving Size 1 cup 100g (100 g)

### Amount Per Serving

**Calories** 25

Calories from Fat 1

### % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 30mg 1%

**Total Carbohydrate** 5g 2%

Dietary Fiber 3g 10%

Sugars 2g

**Protein** 2g

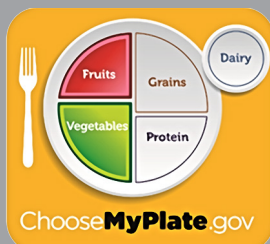
Vitamin A 0% • Vitamin C 77%

Calcium 2% • Iron 2%

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Cauliflower means “cabbage flower.”
- Cauliflower is not only white. It comes in a variety of colors, such as, **orange** and **purple**. Try your favorite color!



What fruit would you eat with  
cauliflower to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose cauliflower with compact, creamy white clusters and bright green, firmly attached leaves. Avoid those with brown spots or loose sections that are spread out.

## How to Store

Store cauliflower refrigerated for up to five days.

## Cauliflower Mashed Potatoes

### Ingredients

Total time: 30 minutes

1 head cauliflower, chopped  
8 ounces low-fat sour cream  
1 teaspoon onion powder  
¼ cup fresh parsley, chopped  
¼ cup breadcrumbs

Recipe source: [www.healthfitlabs.com/articles/357/cauliflower\\_mashed\\_potatoes](http://www.healthfitlabs.com/articles/357/cauliflower_mashed_potatoes).

### Nutrition Facts

Serving Size 1 serving (221.47g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 220mg	9%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 3g	12%
Sugars 7g	
<b>Protein</b> 7g	

Vitamin A 6% • Vitamin C 120%  
Calcium 15% • Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Place the cauliflower in a steamer and cook until soft. You can also microwave until tender, 8-10 minutes. Place the cauliflower in a large bowl and mash until smooth. Set aside.
- 2 Add sour cream, onion powder, and parsley to the mashed cauliflower and mix well. Spoon into a baking dish and sprinkle with breadcrumbs.
- 3 Broil the cauliflower for 10 minutes or until the breadcrumbs begin to brown. Serve warm.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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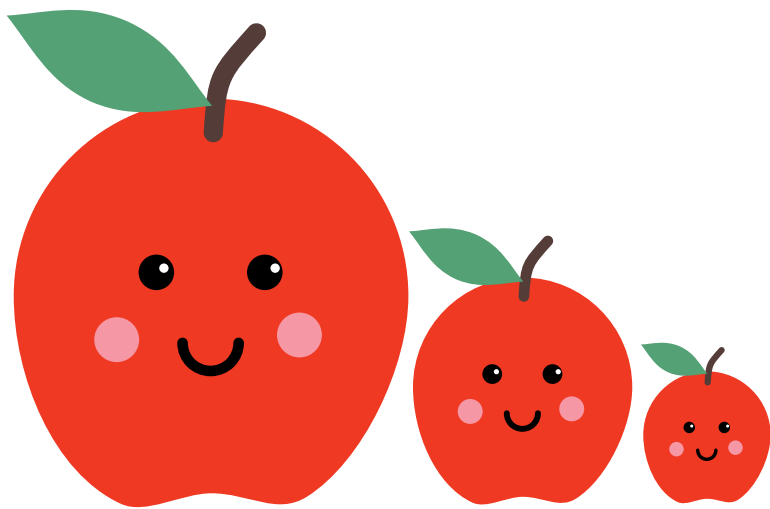


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an important part of a healthy lifestyle.



## APPLES

# APPLES



source of vitamins



fiber, potassium, and vitamin c

I can make

---

with apples at home.

## Nutrition Facts

Serving Size 1 serving (182g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 90      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 25g      **8%**

**Dietary Fiber** 4g      **16%**

**Sugars** 19g

**Protein** 0g

**Vitamin A** 0%      • **Vitamin C** 15%

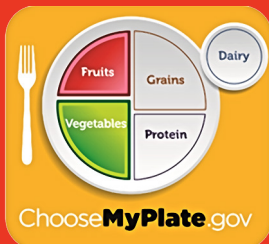
**Calcium** 0%      • **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Apples can be eaten in a variety of forms— as whole (fresh), unsweetened applesauce, dried or 100% apple juice.
- Apples have potassium that help your heart beat and your muscles flex!



What vegetable would you eat  
with apples to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

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# PARENT'S CORNER

## How to Select

Select apples that are firm, shiny, and smooth-skinned with intact stems. Apples should smell fresh.

## How to Store

Store in a plastic bag in the refrigerator, away from strong-odor foods, for about three weeks.

## Baked Apples and Sweet Potatoes

### Ingredients

Total time: 45 minutes

3 sweet potatoes, peeled and sliced  
Nonstick cooking spray  
3 apples, sliced and cored  
¼ cup brown sugar, packed  
½ teaspoon salt  
2 tablespoons butter  
½ teaspoon ground nutmeg

Recipe source: Pennsylvania Nutrition Education Program at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (137.16g)	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	18%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 14g	
Vitamin A 60%	Vitamin C 35%
Calcium 30%	Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Boil the sweet potatoes until they are almost tender. Heat the oven to 400°F. Mist the casserole dish with nonstick cooking spray.
- 2 Place a layer of sweet potato slices on the bottom of the dish. Next, add a layer of apple slices. Add sugar, salt, and pieces of butter to the top of the apple layer. Sprinkle the top layer with nutmeg.
- 3 Cook for 15 minutes or until apples are soft and top is beginning to brown.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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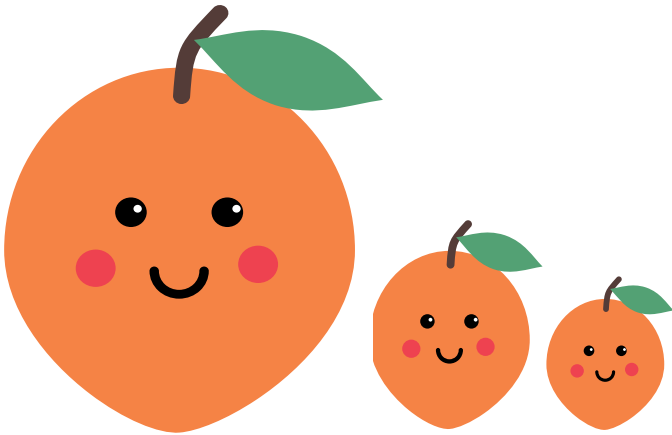
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# EAT SMART

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an important part of a healthy lifestyle.



## APRICOTS

# APRICOTS



source of vitamins



I can make

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with apricots at home.

## Nutrition Facts

Serving Size 1 serving (35g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 15      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 4g      **1%**

**Dietary Fiber** <1g      **4%**

**Sugars** 3g

**Protein** 0g

**Vitamin A** 15%      •      **Vitamin C** 6%

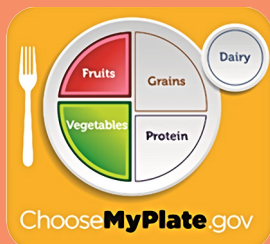
**Calcium** 0%      •      **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- The first apricot tree in America was planted in Virginia in 1720.
- Potassium in apricots helps maintain fluid balance in the body.



What vegetable would you eat  
with apricots to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

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# PARENT'S CORNER

## How to Select

Choose apricots that are plump, firm, and uniformly colored.

## How to Store

Ripen apricots at room temperature. Store ripe apricots in a plastic bag in the refrigerator for 3-5 days.

## Oatmeal with Apricots and Raisins

### Ingredients

Total time: 10 minutes

- 1 cup old fashioned rolled oats
- ¼ cup 1% milk
- 2 tablespoons golden raisins
- 2 tablespoons dried apricots, chopped
- 2 tablespoons roasted almonds, chopped
- ⅛ teaspoon ground nutmeg

Recipe source: Real Simple at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (140.5g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 420	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 62g	21%
Dietary Fiber 10g	40%
Sugars 15g	
<b>Protein</b> 17g	
Vitamin A 4%	Vitamin C 0%
Calcium 10%	Iron 25%
* Percent Daily Values are based on a 2,000 calorie diet.	

- 1 Prepare the oats according to the package directions.
- 2 Stir in milk, raisins, apricots, almonds, and nutmeg.
- 3 Divide evenly between two bowls and serve warm.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

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an important part of a healthy lifestyle.



## BANANAS

# BANANAS



source of vitamins



fiber and vitamin c

I can make

---

with bananas at home.

## Nutrition Facts

Serving Size 1 serving (118g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 110      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 27g      9%

**Dietary Fiber** 3g      12%

**Sugars** 14g

**Protein** 1g

**Vitamin A** 0%      •      **Vitamin C** 15%

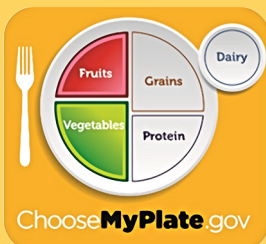
**Calcium** 0%      •      **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Monkeys peel bananas by squeezing the bottom. Try it next time!
- Bananas grow year round in tropical climates.



What vegetable would you eat  
with bananas to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

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# PARENT'S CORNER

## How to Select

Select bananas that are firm without bruises. Bananas ripen after they are harvested.

## How to Store

Store unripe bananas at room temperature. If bananas ripen before you will use them, they can be stored in the refrigerator for up to two weeks.

## The Hulk Smoothie

### Ingredients

Total time: 5 minutes

- 1 banana, ripe
- 1 cup pineapple, chunked
- 2 cups spinach, washed
- 1 cup low-fat, plain Greek yogurt
- ½ cup water

Recipe source: Simply Recipes at [www.simplyrecipes.com](http://www.simplyrecipes.com).

### Nutrition Facts

Serving Size 1 serving (338.98g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 3g	12%
Sugars 18g	
<b>Protein</b> 13g	
Vitamin A 60%	Vitamin C 80%
Calcium 20%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	

1

Add all ingredients to the blender. Blend until smooth.

2

NOTE: If you would prefer more of a frozen treat, blend with ½ cup of ice.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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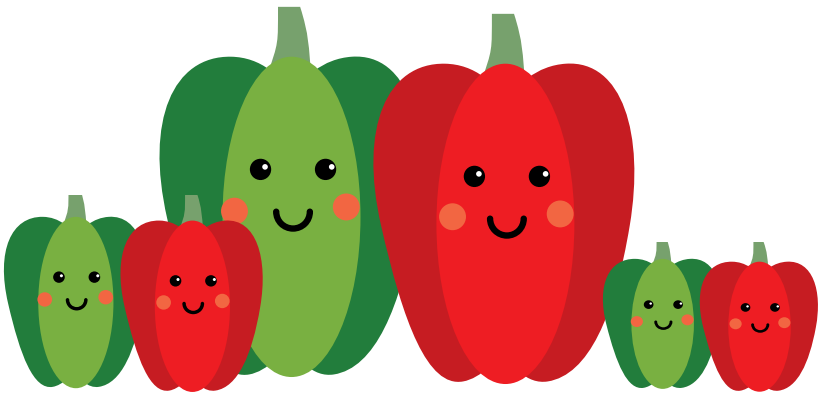


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# EAT SMART

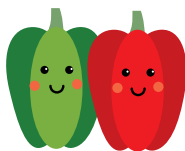
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an important part of a healthy lifestyle.



## BELL PEPPERS

# BELL PEPPERS

VARY YOUR VEGGIES



source of vitamins



potassium, fiber, vitamin a  
and vitamin c

I can make

with bell peppers at home.

## Nutrition Facts

Serving Size 1 serving (119g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 25      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 6g      2%

**Dietary Fiber** 2g      8%

**Sugars** 3g

**Protein** 1g

Vitamin A 8%      Vitamin C 160%

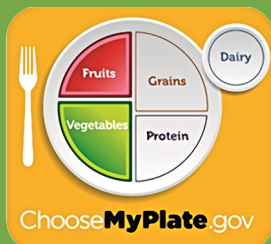
Calcium 0%      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Bell peppers come in many different colors, including, red, orange, yellow, green, and even purple.
- Sweet and hot peppers were introduced in Europe in the 16th century.



What fruit would you eat with  
bell peppers to make  $\frac{1}{2}$  of your  
plate fruits and veggies?



# PARENT'S CORNER

## How to Select

Choose peppers that are firm, brightly colored with tight skin, and that are heavy for their size. Avoid dull, shriveled or pitted peppers.

## How to Store

Store bell peppers in a plastic bag in the refrigerator for up to five days.

## Black Bean Stuffed Peppers

### Ingredients

Total time: 30 minutes

Nonstick cooking spray  
3 bell peppers, halved lengthwise and seeded  
15 ounces reduced sodium canned black beans, drained and rinsed  
8 ounces canned corn without salt added, drained and rinsed  
1 cup brown rice, cooked

1 medium onion, chopped  
1 ½ teaspoons cumin  
½ cup reduced-fat cheddar cheese, grated  
1 teaspoon cilantro  
¼ cup water

Recipe source: Food.com at [www.food.com](http://www.food.com).

### Nutrition Facts

Serving Size 1 serving (263g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 310	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 230mg	10%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 6g	24%
Sugars 5g	
<b>Protein</b> 14g	
Vitamin A 6%	Vitamin C 90%
Calcium 20%	Iron 15%

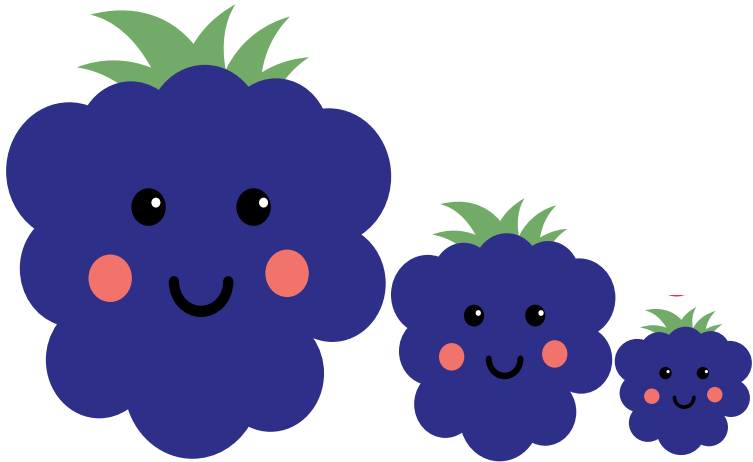
\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Preheat the oven to 350°F. Spray baking pan with non-stick cooking spray. In a large bowl, combine black beans, corn, brown rice, onion, cumin, garlic powder, and cilantro.
- 2 Fill each pepper half with bean mixture and place in pan. Pour ¼ cup water into the pan and cover with aluminum foil.
- 3 Bake for 30 minutes. Remove the foil and sprinkle each half with cheese. Bake uncovered for 5 minutes or until cheese is melted. Serve hot.

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## BLACKBERRIES

# BLACKBERRIES



source of vitamins



fiber and vitamin c

I can make

with blackberries at home.

## Nutrition Facts

Serving Size 0.5 cup (72g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 30      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 7g      **2%**

**Dietary Fiber** 4g      **16%**

**Sugars** 4g

**Protein** 1g

**Vitamin A** 4%      •      **Vitamin C** 25%

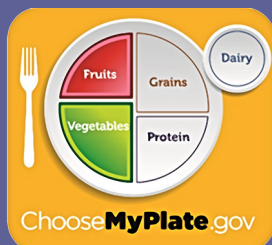
**Calcium** 2%      •      **Iron** 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Blackberry juice was used to dye cloth navy blue and indigo.
- Blackberries are rich in antioxidants that help protect your body's cells from damage.



What vegetable would you eat  
with blackberries to make  $\frac{1}{2}$  of  
your plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Select blackberries that are shiny and not bruised or leaking.

## How to Store

Refrigerate blackberries for 3-6 days. Wash just before using.

## Blackberry Lemon Yogurt Pops

### Ingredients

1 ½ cups low-fat plain Greek yogurt  
½ cups blackberries  
Juice of 2 lemons  
Zest of 1 lemon

Total time: 4 hours  
and 10 minutes

Recipe source: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (125.81g)  
Servings Per Container 4

Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 50mg	2%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 9g	
Vitamin A 0%	Vitamin C 25%
Calcium 10%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

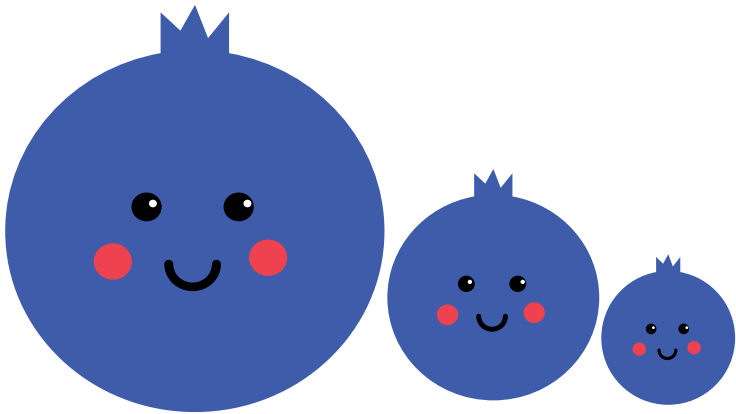
- 1 Combine all ingredients in a blender and puree until smooth.
- 2 Spoon or pour the mixture into a popsicle mold.
- 3 Insert popsicle stick into each and freeze until firm, about 4 hours.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## BLUEBERRIES

# BLUEBERRIES



source of vitamins



vitamin c and fiber

I can make

with blueberries at home.

## Nutrition Facts

Serving Size 0.5 cup (72g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 30      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

*Trans Fat*

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 7g      2%

**Dietary Fiber** 4g      16%

**Sugars** 4g

**Protein** 1g

**Vitamin A** 4%      •      **Vitamin C** 25%

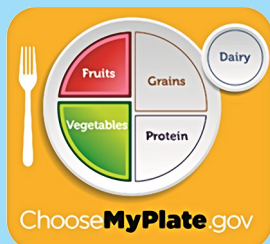
**Calcium** 2%      •      **Iron** 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- If you put blueberries in a smoothie, the smoothie will turn blue!
- In Virginia, blueberries are in season from June to August.



What vegetable would you eat  
with blueberries to make  $\frac{1}{2}$  of  
your plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose blueberries that are firm, plump, similar in size, and have a dusty blue color.

## How to Store

Refrigerate blueberries and use within 10 days. Wash just before using.

## Chilled Blueberry Soup

### Ingredients

Total time: 15 minutes

2 cups fresh blueberries, chilled and washed  
1 cup 100% apple juice  
1 ½ cups low-fat plain yogurt  
1 teaspoon cinnamon

Recipe source: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

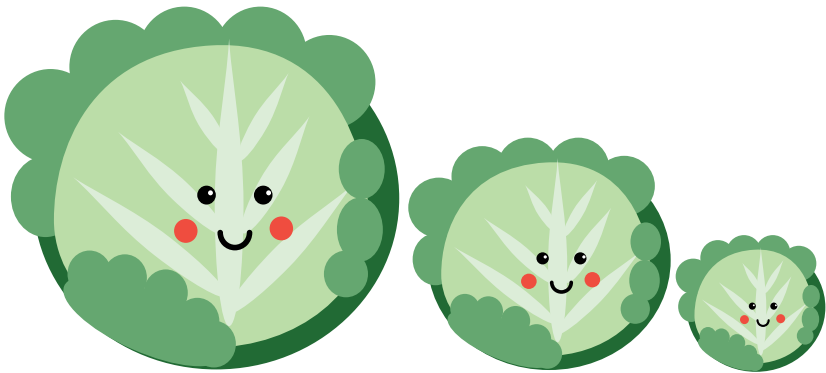
Serving Size 1 serving (226.95g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 130	Calories from Fat 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 2g	8%
Sugars 20g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 15%
Calcium 20%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	

- 1** NOTE: Before blending the ingredients, set aside a few blueberries for garnishing.
- 2** Blend all ingredients in a food processor or blender.
- 3** Serve immediately.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## CABBAGE



# CABBAGE

VARY YOUR VEGGIES



source of vitamins



fiber and vitamin c

I can make

with cabbage at home.

## Nutrition Facts

Serving Size 0.5 cup (44.5g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 10      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

*Trans Fat*

**Cholesterol** 0mg      0%

**Sodium** 10mg      0%

**Total Carbohydrate** 3g      1%

**Dietary Fiber** 1g      4%

**Sugars** 1g

**Protein** <1g

**Vitamin A** 0%      •      **Vitamin C** 25%

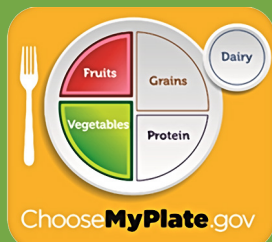
**Calcium** 0%      •      **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make ½ of your plate  
fruits and vegetables!

## FAST FACTS

- Cabbage originated in Northern China more than 8,000 years ago.
- Cabbage can help you stay hydrated, since it is largely made of water.



What fruit would you eat with  
cabbage to make ½ of your plate  
fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose round, firm heads with tightly packed leaves (some may still have their loose outer leaves).

## How to Store

Refrigerate cabbage for up to seven days.

## Collard Greens and Cabbage

### Ingredients

Total time: 20 minutes

½ pound collard greens, torn  
2 cups cabbage, shredded  
1 tablespoon olive oil  
1 onion, chopped  
1 tablespoon garlic powder  
1 tablespoon vinegar

Recipe source: Food and Health Communications, Inc. at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (193.67g)  
Servings Per Container 4

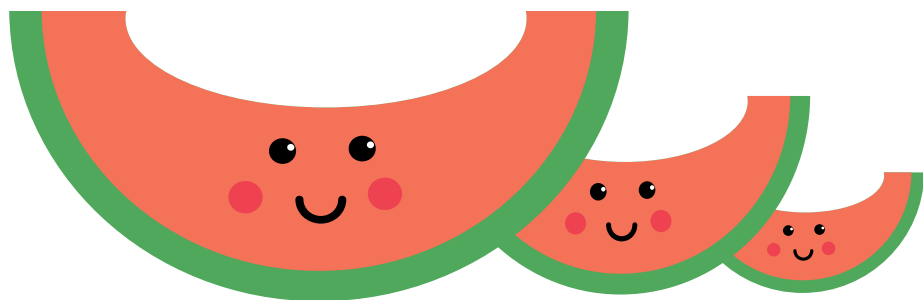
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 4g	16%
Sugars 6g	
<b>Protein</b> 2g	
Vitamin A 90%	Vitamin C 60%
Calcium 10%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	

- 1 In a large saucepan, boil 3 quarts of water. Add greens and cook for 3 minutes. Add cabbage and cook for 1 more minute. Drain greens and cabbage in a colander. Pour into a serving bowl.
- 2 Heat large skillet over medium high heat. Add oil and sauté onion until translucent, about 3 minutes. Pour into serving bowl with greens and cabbage.
- 3 Sprinkle garlic powder and vinegar over greens. Toss to coat and mix in flavors.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## CANTALOUPE

# CANTALOUPE



source of vitamins



vitamin c, potassium, and  
vitamin a

I can make

with cantaloupe at home.

## Nutrition Facts

Serving Size 0.05 cup (80g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 25      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 15mg      1%

**Total Carbohydrate** 7g      2%

**Dietary Fiber** <1g      4%

**Sugars** 6g

**Protein** <1g

Vitamin A 50%      •      Vitamin C 50%

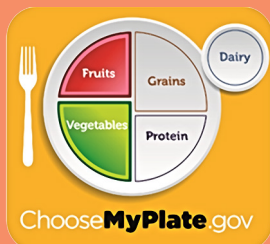
Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- California grows the most cantaloupes in the United States.
- Cantaloupes are related to squash and cucumbers.



What vegetable would you eat  
with cantaloupe to make  $\frac{1}{2}$  of  
your plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose fragrant, symmetrical cantaloupes, heavy in size with yellow or creamy-colored skin and no visible bruises. The stem end should give to gentle pressure.

## How to Store

Store uncut cantaloupes at room temperature for up to one week. Refrigerate cut melon in an airtight container up to four days.

## Cantaloupe Cooler

### Ingredients

Total time: 10 minutes

1 cantaloupe, seeded and cubed  
2 ½ cups cold orange juice  
Crushed ice

Recipe source: California Department of Health Services at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (146.5g)  
Servings Per Container 8

#### Amount Per Serving

**Calories** 60 **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g 0%

**Saturated Fat** 0g 0%

**Trans Fat**

**Cholesterol** 0mg 0%

**Sodium** 10mg 0%

**Total Carbohydrate** 14g 5%

**Dietary Fiber** <1g 4%

**Sugars** 12g

**Protein** 1g

**Vitamin A** 50% • **Vitamin C** 110%

**Calcium** 0% • **Iron** 0%

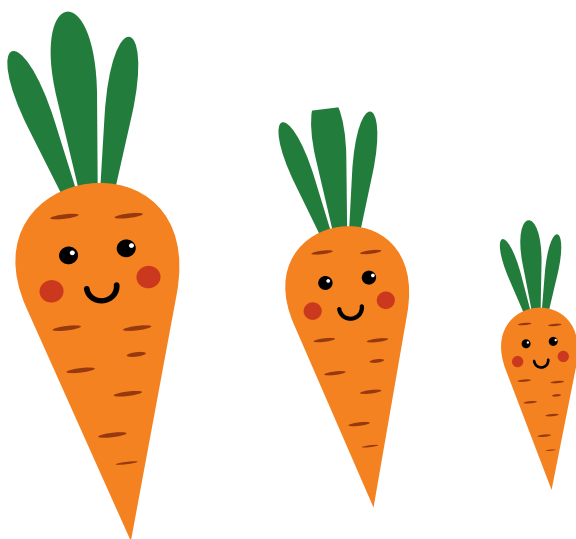
\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 In a blender or food processor, blend melon cubes with ½ cup cold orange juice. Blend until smooth.
- 2 Pour puree into pitcher and stir in remaining orange juice.
- 3 Pour into glasses filled with crushed ice.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

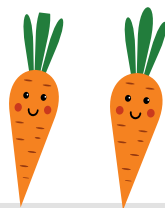
Eating a variety of fruits and vegetables is an important part of a healthy lifestyle.



## CARROTS

# CARROTS

VARY YOUR VEGGIES



source of vitamins



vitamin a, vitamin c,  
potassium and fiber

I can make

with carrots at home.

## Nutrition Facts

Serving Size 0.5 cup (61g)

Servings Per Container 1

### Amount Per Serving

Calories 25      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 40mg      2%

**Total Carbohydrate** 6g      2%

Dietary Fiber 2g      8%

Sugars 3g

**Protein** <1g

Vitamin A 200%      •      Vitamin C 6%

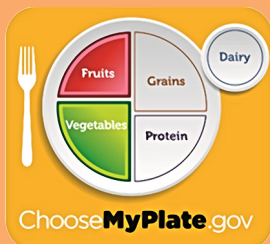
Calcium 2%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Carrots are not always orange. They are available in other colors, such as, **red**, **white**, **yellow**, and **purple**.
- Beta carotene was named after carrots, a good source of this important nutrient.



What fruit would you eat with  
carrots to make  $\frac{1}{2}$  of your plate  
fruits and veggies?

# PARENT'S CORNER

## How to Select

Select well shaped, crisp carrots with deep color and fresh, green tops. Avoid carrots that are soft, split or wilted.

## How to Store

Store carrots in the refrigerator in a plastic bag, with tops removed for two weeks.

## Glazed Carrots

### Ingredients

Total time: 35 minutes

2 tablespoons olive oil  
1 ½ pounds carrots, peeled and cut into 1 inch pieces  
1 cup water  
¼ teaspoon pepper  
2 teaspoons sugar

Recipe Source: Pennsylvania Nutrition Education Program at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (139.08g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
<b>Saturated Fat</b> 0.5g	3%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 12g	4%
<b>Dietary Fiber</b> 3g	12%
<b>Sugars</b> 7g	
<b>Protein</b> 1g	
<b>Vitamin A</b> 380%	<b>Vitamin C</b> 10%
<b>Calcium</b> 4%	<b>Iron</b> 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

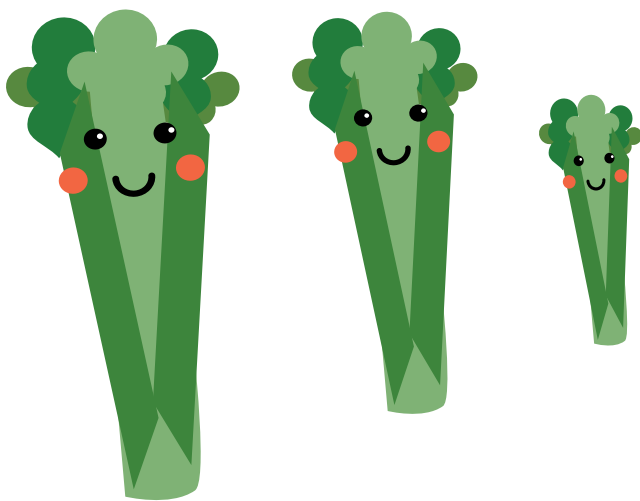
- 1 Heat the oil in a saucepan on low heat. Add the carrots. Stir to coat. Add the water and pepper. Cover and simmer for about 15 minutes until tender.
- 2 Drain the water. Add the sugar and cover the pan.
- 3 Cook for 2 minutes, until the carrots are glazed but not brown.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell



# EAT SMART

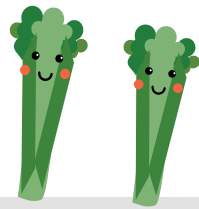
Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## CELERY

# CELERY

VARY YOUR VEGGIES



source of vitamins



vitamin a and fiber

I can make

---

with celery at home.

## Nutrition Facts

Serving Size 0.5 cup (50.5g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 10      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 40mg      **2%**

**Total Carbohydrate** 1g      **0%**

**Dietary Fiber** <1g      **4%**

**Sugars** <1g

**Protein** 0g

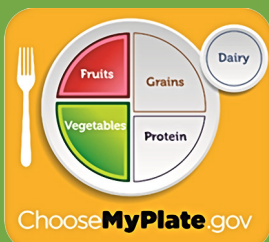
**Vitamin A** 4%      •      **Vitamin C** 2%

**Calcium** 2%      •      **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make ½ of your plate  
fruits and vegetables!

- The town of Celeryville, Ohio was settled by celery farmers from Michigan who started growing the vegetable.
- You can eat the entire celery plant: the leaves, stem, root (called celeriac), and seeds!



What fruit would you eat with  
celery to make ½ of your plate  
fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Choose celery with straight, rigid stalks and fresh green leaves.

## How to Store

Refrigerate celery in a plastic bag for up to one week.

## Apple and Celery Salad

### Ingredients

Total time: 15 minutes

- 1 tablespoon orange juice
- 2 tablespoons light mayonnaise
- 2 cups apples, diced
- 1 cup celery, diced
- ½ cup raisins

Recipe source: SNAP-ED Connection at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (112.1g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 3g	12%
Sugars 16g	
<b>Protein</b> <1g	

Vitamin A 2% • Vitamin C 10%  
Calcium 0% • Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

1

In a large bowl, mix orange juice with mayonnaise.

2

Add apples, celery, and raisins to the dressing mixture and stir well.

3

Serve at room temperature or chilled.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



VFNP

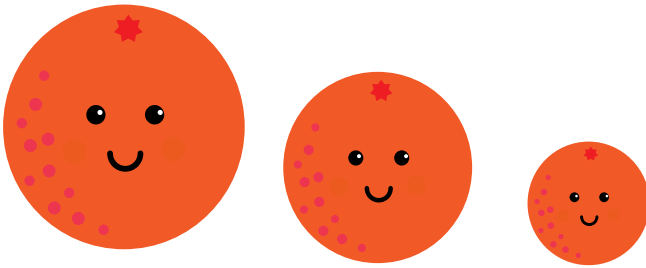


VDHLiveWell



# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## CLEMENTINES

# CLEMENTINE



source of vitamins



vitamin c and fiber

I can make

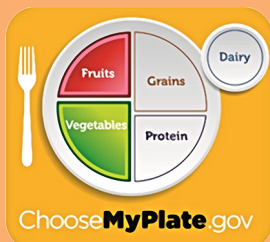
with clementines at home.

Nutrition Facts	
Serving Size 1 cup flowerets 71g (71 g)	
Amount Per Serving	
Calories 20	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 19mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber	0%
Sugars	
Protein 2g	
Vitamin A	43% • Vitamin C 110%
Calcium	3% • Iron 3%

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Clementines can also be called “Christmas Oranges” because they grow in the winter.
- Clementines are in season between November February.



What vegetable would you eat  
with clementine to make  $\frac{1}{2}$  of  
your plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Select clementines that are uniform in color, with shiny orange skin and, no blemishes or bruises.

## How to Store

Store clementines at room temperature for 2-3 days. Refrigerate clementines for up to three weeks if you will not use them within three days.

## Fruit Kabob

### Ingredients

Total time: 10 minutes

- 1 ½ cups banana, sliced
- 1 ½ cups watermelon, cubed
- 1 cup clementine sections

Recipe source: USDA Center for Nutrition Policy and Promotion at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (115.51g)  
Servings Per Container 8

#### Amount Per Serving

Calories 60      Calories from Fat 0

#### % Daily Value\*

**Total Fat** 0.5g 1%

**Saturated Fat** 0g 0%

**Trans Fat**

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 14g 5%

**Dietary Fiber** 1g 4%

**Sugars** 12g

**Protein** 2g

**Vitamin A** 4%      •      **Vitamin C** 70%

**Calcium** 6%      •      **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

1

Thread the fruit sections onto the skewers, alternating and arranging them however you like.

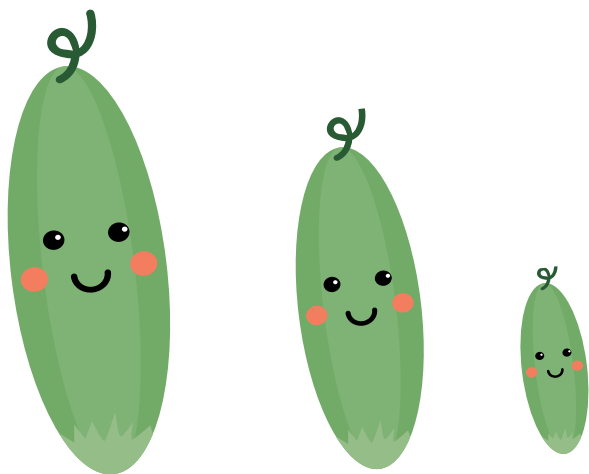
2

Serve right away or if you do not plan to serve them immediately, place in the refrigerator.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

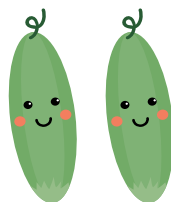
Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## CUCUMBER

# CUCUMBER

VARY YOUR VEGGIES



source of vitamins



vitamin a, vitamin c,  
potassium, and fiber

I can make

with cucumber at home.

## Nutrition Facts

Serving Size 1 serving (301g)  
Servings Per Container 1

Amount Per Serving

**Calories 45**      **Calories from Fat 0**

% Daily Value\*

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 11g      **4%**

**Dietary Fiber** 2g      **8%**

**Sugars** 5g

**Protein** 2g

**Vitamin A** 6%      •      **Vitamin C** 15%

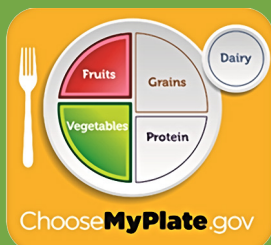
**Calcium** 4%      •      **Iron** 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- There are three main types of cucumbers: slicing, pickling, and burpless.
- Cucumbers originated in India over 3,000 years ago.



What fruit would you eat with  
cucumber to make  $\frac{1}{2}$  of your  
plate fruits and veggies?



# PARENT'S CORNER

## How to Select

Choose firm, well-shaped, dark green cucumbers that are heavy for their size.

## How to Store

Refrigerate cucumbers in a perforated plastic bag up to one week.

## Cucumber Sauce

### Ingredients

Total time: 1 hour

16 ounces plain Greek low-fat yogurt  
2 cucumbers  
2 tablespoons olive oil  
½ lemon, juiced  
1 tablespoon fresh dill, chopped  
3 cloves garlic  
⅛ teaspoon ground black pepper

Recipe source: [allrecipes.com/recipe/20242/tzatziki-sauce/](https://allrecipes.com/recipe/20242/tzatziki-sauce/)

### Nutrition Facts

Serving Size 1 serving (150.05g)  
Servings Per Container 8

Amount Per Serving	
Calories 90	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 6g	
Vitamin A 2%	Vitamin C 20%
Calcium 8%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

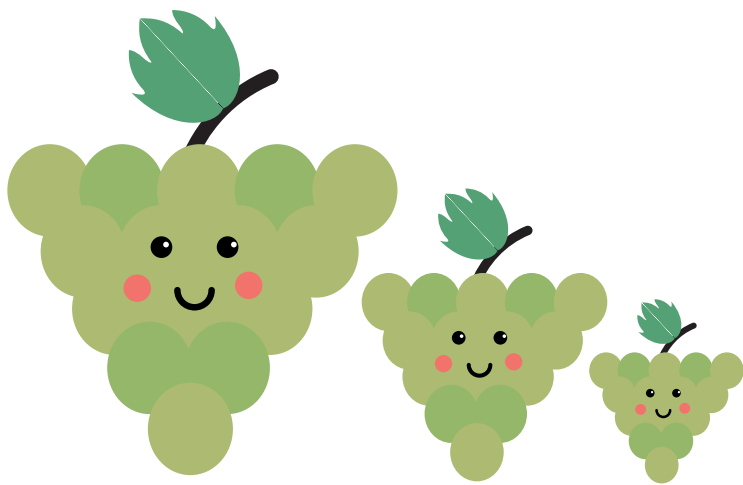
- 1 Combine all ingredients in a blender or food processor. Mix until smooth.
- 2 Transfer to a separate dish. Cover and refrigerate for 1 hour, for best taste.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## GRAPES

# GRAPES



source of vitamins



vitamin k and copper

I can make

---

with grapes at home.

## Nutrition Facts

Serving Size 0.5 cup (75.5g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 50      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

*Trans Fat*

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 14g      **5%**

**Dietary Fiber** <1g      **4%**

**Sugars** 12g

**Protein** <1g

**Vitamin A** 0%      •      **Vitamin C** 4%

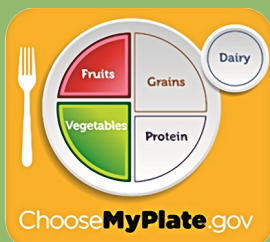
**Calcium** 0%      •      **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Frozen grapes make a refreshing and nutritious snack!
- Grapes are available in many colors, such as white, red, black, green, purple, and golden.



What vegetable would you eat  
with grapes to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Choose firm, plump grapes that are attached to the stem.

## How to Store

Refrigerate in a plastic bag for one week.

## Creamy Fruit Salad

### Ingredients

Total time: 4 hours  
and 5 minutes

- 1 medium apple, cored and chopped
- 1 teaspoon lemon juice
- 11 ounces canned mandarin oranges (packed in juice), drained
- 10 ounces canned pineapple chunks (packed in juice), drained
- 1 cup grape, halved
- ½ cup plain low-fat Greek yogurt

Recipe Source: [www.tastesbetterfromscratch.com](http://www.tastesbetterfromscratch.com).

### Nutrition Facts

Serving Size 1 serving (261.71g)  
Servings Per Container 4

Amount Per Serving		
<b>Calories</b>	140	Calories from Fat 5
		% Daily Value*
<b>Total Fat</b>	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	<5mg	2%
<b>Sodium</b>	30mg	1%
<b>Total Carbohydrate</b>	32g	11%
Dietary Fiber	3g	12%
Sugars	27g	
<b>Protein</b>	4g	
Vitamin A 15%	•	Vitamin C 60%
Calcium 4%	•	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Toss the apple and lemon juice together into a large bowl. NOTE: Coating the apple with lemon juice will prevent the apple from browning.
- 2 Add the remaining fruits to the bowl. Stir in the yogurt.
- 3 Refrigerate at least 4 hours. Serve chilled.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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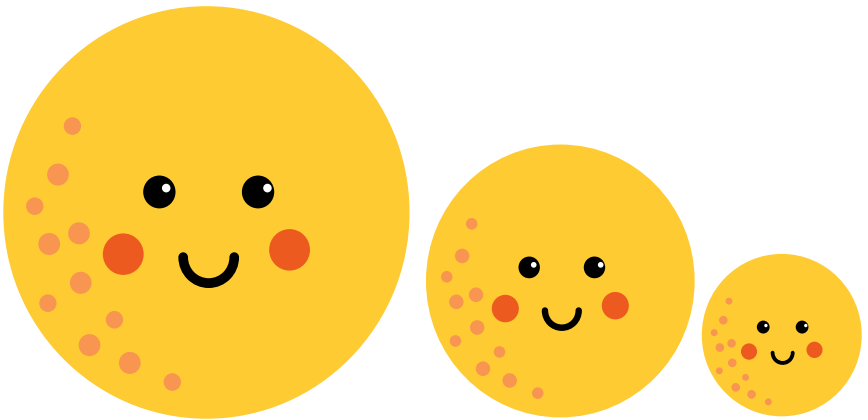


VDHLiveWell



# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## GRAPEFRUIT

# GRAPEFRUIT



source of vitamins



potassium, fiber,  
vitamin a, and vitamin c

I can make

with grapefruit at home.

## Nutrition Facts

Serving Size 1 serving (246g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 100      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 26g      9%

**Dietary Fiber** 4g      16%

**Sugars** 17g

**Protein** 2g

**Vitamin A** 60%      • **Vitamin C** 130%

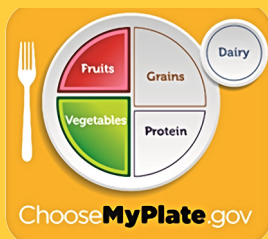
**Calcium** 6%      • **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Grapefruit trees can produce 1,300 to 1,500 pounds of fruit a year.
- February is National Grapefruit Month.



What vegetable would you eat  
with grapefruit to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose grapefruits that are smooth, firm, blemish free, and heavy for their size.

## How to Store

Store at room temperature for about one week. You can also refrigerate them for 2-3 weeks.

## Broiled Grapefruit Halves

### Ingredients

Total time: 20 minutes

1 grapefruit, halved  
2 teaspoons sugar  
¼ teaspoon ground cinnamon

Recipe Source: Food.com at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (127.49g)  
Servings Per Container 2

Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	8%
Dietary Fiber 2g	8%
Sugars 13g	
Protein <1g	
Vitamin A 30%	Vitamin C 60%
Calcium 2%	Iron 0%

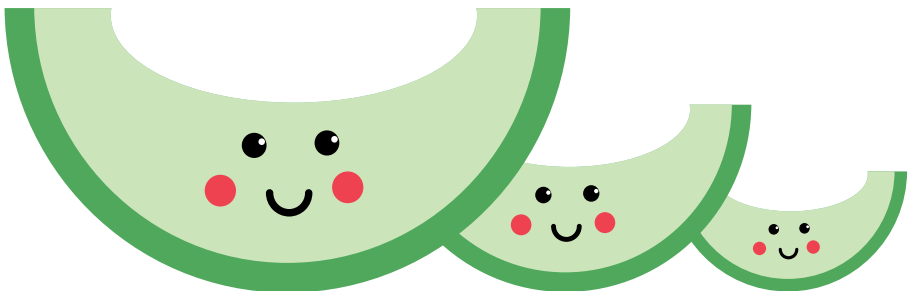
\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Heat the broiler.
- 2 Sprinkle sugar and cinnamon over both halves of the grapefruit. Place grapefruit halves on a baking sheet.
- 3 Broil until the sugar melts and starts to bubble.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## HONEYDEW



# HONEYDEW



source of vitamins



potassium and vitamin c

I can make

with honeydew at home.

## Nutrition Facts

Serving Size 0.5 cup (88.5g)

Servings Per Container 1

### Amount Per Serving

**Calories** 30      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 15mg      1%

**Total Carbohydrate** 8g      3%

**Dietary Fiber** <1g      4%

**Sugars** 7g

**Protein** 0g

Vitamin A 0%

Vitamin C 25%

Calcium 0%

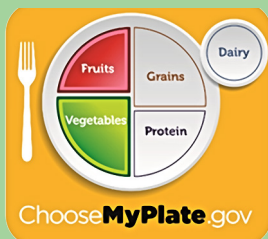
Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make ½ of your plate  
fruits and vegetables!

## FAST FACTS

- Honeydew flesh is typically green, but you can also find “Golden Honeydew,” which is a yellow-orange color.
- Honeydew melons are the sweetest of all the melons!



What vegetable would you eat  
with honeydew to make ½ of  
your plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Select a well-shaped honeydew melon. It should have a waxy surface and feel heavy for its size.

## How to Store

Store uncut honeydew melon at room temperature. Refrigerate cut melon for up to four days.

## Minty Honeydew and Watermelon

### Ingredients

Total time: 20 minutes

- 1 tablespoon lime juice
- ¼ cup fresh mint leaves
- 2 tablespoons brown sugar, packed
- 3 cups watermelon, cubed
- 3 cups honeydew, cubed

Recipe source: Nutrition Matters at [www.foodhero.org/recipes/melon-and-mint](http://www.foodhero.org/recipes/melon-and-mint).

### Nutrition Facts

Serving Size 1 serving (128.35g)  
Servings Per Container 8

Amount Per Serving		
Calories	50	Calories from Fat 0
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	13g	4%
Dietary Fiber	<1g	4%
Sugars	11g	
Protein	<1g	
Vitamin A	8%	Vitamin C 30%
Calcium	0%	Iron 0%

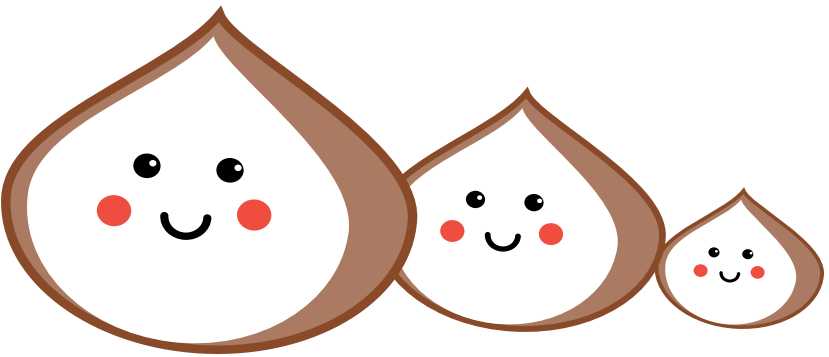
\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Blend lime juice, mint leaves, and brown sugar together in a blender or small food processor.
- 2 Place melon cubes in a bowl. Drizzle dressing over melon and toss gently.
- 3 Serve chilled.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## JICAMA

# JICAMA



source of vitamins



potassium, calcium, iron,  
fiber and vitamin c

I can make

---

with jicama at home.

## Nutrition Facts

Serving Size 1 serving (659g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 250      **Calories from Fat** 5

**% Daily Value\***

**Total Fat** 0.5g      1%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 25mg      1%

**Total Carbohydrate** 58g      19%

**Dietary Fiber** 32g      128%

**Sugars** 12g

**Protein** 5g

**Vitamin A** 2%      • **Vitamin C** 220%

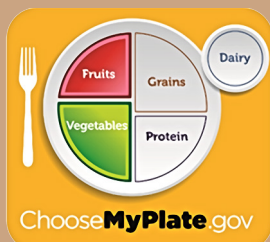
**Calcium** 8%      • **Iron** 20%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Jicama is often called the Mexican potato.
- Jicama can be eaten raw, roasted, baked, or mashed.



What vegetable would you eat  
with jicama to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Choose jicama that is firm with smooth skin and that are unblemished.

## How to Store

Store uncut jicama in a cool, dry, place uncovered. Once cut, place it in a plastic bag for up to four days.

## Jicama Grilled Salsa

### Ingredients

Total time: 20 minutes

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1 cup jicama, diced                 | ¼ cup red wine vinegar     |
| 1 green bell pepper, diced          | 2 tablespoons lime juice   |
| 1 red bell pepper, diced            | 2 garlic cloves, minced    |
| 1 jalapeño pepper, diced (optional) | 1 tablespoon Dijon mustard |
| 1 cup canned corn kernels, drained  | ½ ground black pepper      |
| ½ red onion, diced                  | ½ cup olive oil            |

Recipe source: Epicurious at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (135.08g)  
Servings Per Container 10

#### Amount Per Serving

**Calories** 140    **Calories from Fat** 100

% Daily Value\*

<b>Total Fat</b>	11g	<b>17%</b>
<b>Saturated Fat</b>	1.5g	<b>8%</b>
<b>Trans Fat</b>	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	70mg	<b>3%</b>
<b>Total Carbohydrate</b>	11g	<b>4%</b>
<b>Dietary Fiber</b>	4g	<b>16%</b>
<b>Sugars</b>	3g	

#### Protein 1g

Vitamin A 10%    •    Vitamin C 70%  
Calcium 0%    •    Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

1

In a medium bowl, toss together the jicama, green and red bell peppers, jalapeño, corn, and red onion.

2

In a blender, combine the vinegar, lime juice, garlic, mustard, and pepper. Blend well then slowly add the olive oil.

3

Drizzle the vinaigrette over the salsa and stir to combine. Can be served hot or cold.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



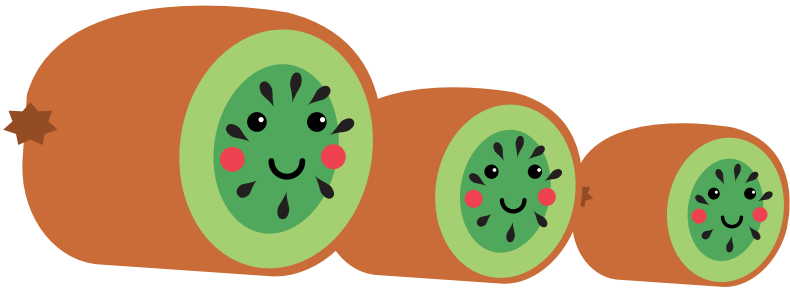
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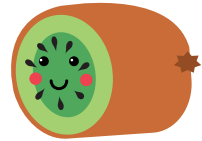
# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## KIWI

# KIWI



source of vitamins



potassium, fiber, and vitamin c

I can make

---

with kiwi at home.

## Nutrition Facts

Serving Size 1 serving (76g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 45      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 11g      **4%**

**Dietary Fiber** 2g      **8%**

**Sugars** 7g

**Protein** <1g

**Vitamin A** 0%

**Vitamin C** 120%

**Calcium** 2%

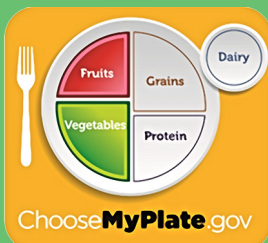
**Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make ½ of your plate  
fruits and vegetables!

## FAST FACTS

- Kiwi is also known as kiwifruit or a Chinese gooseberry.
- You can eat the skin of the kiwi. The skin provides you with more essential nutrients and vitamins!



What vegetable would you eat  
with kiwi to make ½ of your plate  
fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Choose kiwi that is slightly firm with rough, fuzzy skin.

## How to Store

Refrigerate unripened kiwi in a plastic bag in the refrigerator for up to six weeks.

## Fruit Kabobs with Yogurt Dip

### Ingredients

Total time: 5 minutes

1 cup watermelon, seeded and chunked  
1 cup pineapple, chunked  
1 cup red seedless grapes  
1 cup strawberries, hulled  
2 kiwis, peeled and chopped  
6 ounces low-fat vanilla yogurt

Recipe source: Food and Health Communications Inc., at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (84.97g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 45	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 1g	4%
Sugars 8g	
<b>Protein</b> <1g	
Vitamin A 4%	Vitamin C 30%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Add watermelon, pineapple, grapes, strawberries, and kiwi to the medium bowl.
- 2 Arrange fruit chunks on the skewers. Place yogurt in the small bowl. Place fruit kabobs on plate.
- 3 Serve kabobs alongside yogurt as dip.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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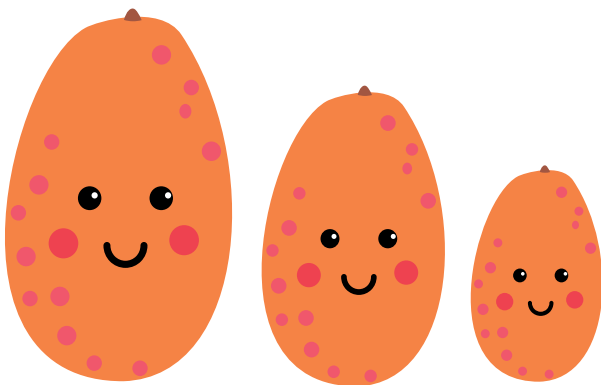
VDHLiveWell





# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## KUMQUAT

# KUMQUAT



source of vitamins



fiber, vitamin a, calcium, vitamin c,  
iron and potassium

I can make

---

with kumquats at home.

## Nutrition Facts

Serving Size 0.5 cup (113.4g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 80      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g      **2%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 10mg      **0%**

**Total Carbohydrate** 18g      **6%**

**Dietary Fiber** 7g      **28%**

**Sugars** 11g

**Protein** 2g

**Vitamin A** 6%      •      **Vitamin C** 80%

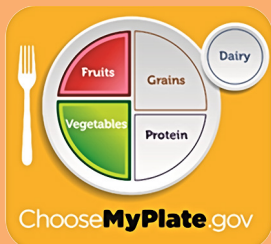
**Calcium** 8%      •      **Iron** 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make ½ of your plate  
fruits and vegetables!

## FAST FACTS

- Kumquats are the smallest citrus fruit in the world.
- Since 1895, Saint Joseph, Florida has been known as the “kumquat capitol” because many kumquats are grown there.



What vegetable would you eat  
with kumquats to make ½ of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Select kumquats that are firm and not soft.

## How to Store

Store at room temperature for a few days or refrigerate for up to two weeks.

## Breakfast Kumquat Parfait

### Ingredients

Total time: 5 minutes

2 cups oat circle cereal  
1 kumquat, chopped  
1 cup low-fat vanilla yogurt

Recipe source: USDA Center for Nutrition Policy and Promotion at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (160g)  
Servings Per Container 2

#### Amount Per Serving

Calories 210      Calories from Fat 35

% Daily Value\*

**Total Fat** 3.5g 5%

**Saturated Fat** 1g 5%

**Trans Fat** 0g

**Cholesterol** 5mg 2%

**Sodium** 270mg 11%

**Total Carbohydrate** 38g 13%

**Dietary Fiber** 4g 16%

**Sugars** 19g

**Protein** 9g

Vitamin A 10% • Vitamin C 20%

Calcium 30% • Iron 45%

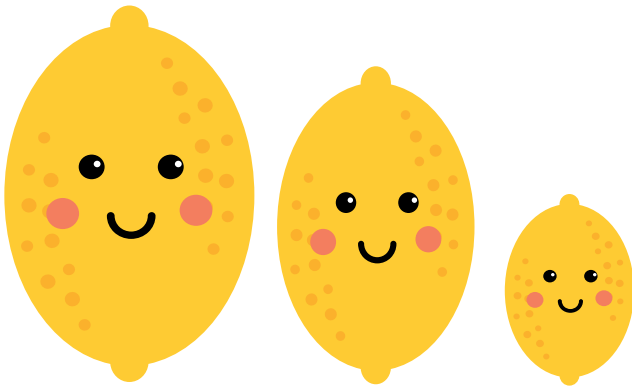
\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Place 1 cup of cereal into 2 small bowls.
- 2 Equally divide the kumquat and add on top of the cereal.
- 3 Top each bowl with  $\frac{1}{2}$  cup yogurt.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## LEMON

# LEMONS



source of vitamins



fiber, calcium, and vitamin c

I can make

---

with lemons at home.

## Nutrition Facts

Serving Size 1 serving (108g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 20      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

*Trans Fat*

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 12g      **4%**

**Dietary Fiber** 5g      **20%**

**Sugars** 3g

**Protein** 1g

Vitamin A 0%      •      Vitamin C 140%

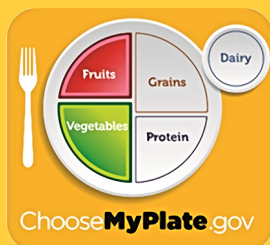
Calcium 6%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Lemon trees can produce 500-600 pounds of lemons a year.
- The citric acid in lemon juice helps keep some fruits, like apples, bananas, and avocados, from browning.



What vegetable would you eat  
with lemons to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Select firm, unblemished lemons that feel heavy for their size.

## How to Store

Store at room temperature for approximately one week or refrigerate in a sealed plastic bag for one month.

## Lemony Summer Squash

### Ingredients

Total time: 20 minutes

- 1 teaspoon olive oil
- 1 garlic clove, minced
- 1 pound summer squash, sliced
- 2 tablespoons lemon juice
- 1 teaspoon dried rosemary

### Nutrition Facts

Serving Size 1 serving (123.2g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 30	Calories from Fat 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 1g	
Vitamin A 4%	Vitamin C 40%
Calcium 2%	Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

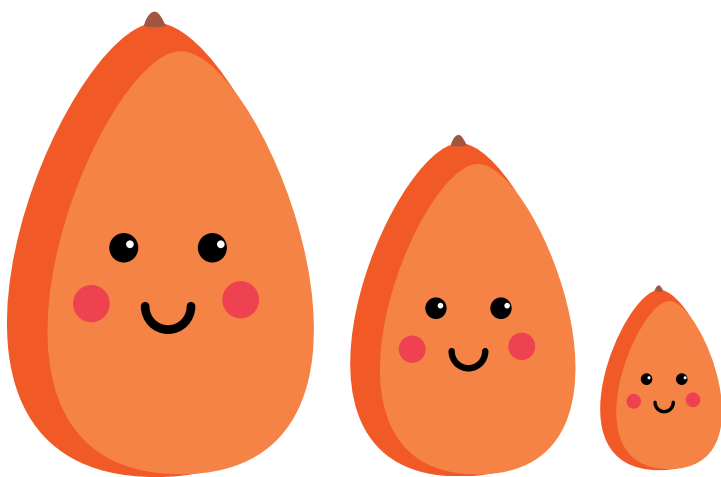
Recipe source: Simply Recipes at [www.simplyrecipes.com](http://www.simplyrecipes.com).

- 1 Heat oil in skillet on medium heat. Cook garlic for approximately 1 minute.
- 2 Add the squash to the skillet and cook, stirring occasionally, until tender (about 4 minutes).
- 3 After squash has cooked, drizzle lemon juice into the skillet. Stir to distribute flavors. Add rosemary and cook for approximately 2 minutes. Serve warm.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## MANGO

# MANGOES



source of vitamins



fiber, potassium, vitamin a,  
and vitamin c

I can make

---

with mangoes at home.

## Nutrition Facts

Serving Size 1 serving (207g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 120      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 1g      **2%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 31g      **10%**

**Dietary Fiber** 3g      **12%**

**Sugars** 28g

**Protein** 2g

**Vitamin A** 45%      • **Vitamin C** 130%

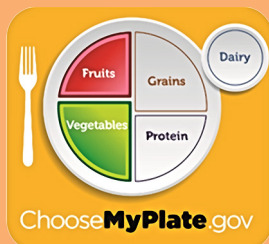
**Calcium** 2%      • **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- A mango tree can grow as tall as 100 feet!
- Mango can be added to many dishes, like smoothies, salad or even salsa.



What vegetable would you eat  
with mangoes to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---



# PARENT'S CORNER

## How to Select

Select slightly firm mangoes with a sweet aroma.

## How to Store

Store at room temperature for 1-2 days.

## Mango Berry Rotini Salad

### Ingredients

3 tablespoons olive oil  
2 tablespoons raspberry vinegar  
1 teaspoon sugar  
1 teaspoon poppy seeds  
1 cup whole-wheat rotini pasta, cooked

Total time: 25 minutes

1 ripe mango, diced  
1 cup raspberries  
1 cup blueberries  
2 cups fresh baby spinach  
½ cup reduced fat feta cheese

Recipe source: Produce for Better Health Foundation at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (193.38g)  
Servings Per Container 4

#### Amount Per Serving

Calories 300      Calories from Fat 130

% Daily Value\*

<b>Total Fat</b>	14g	<b>22%</b>
<b>Saturated Fat</b>	3.5g	<b>18%</b>
<b>Trans Fat</b>	0g	
<b>Cholesterol</b>	10mg	<b>3%</b>
<b>Sodium</b>	180mg	<b>8%</b>
<b>Total Carbohydrate</b>	40g	<b>13%</b>
<b>Dietary Fiber</b>	7g	<b>28%</b>
<b>Sugars</b>	15g	

**Protein** 8g

Vitamin A 40%      •      Vitamin C 60%  
Calcium 8%      •      Iron 10%

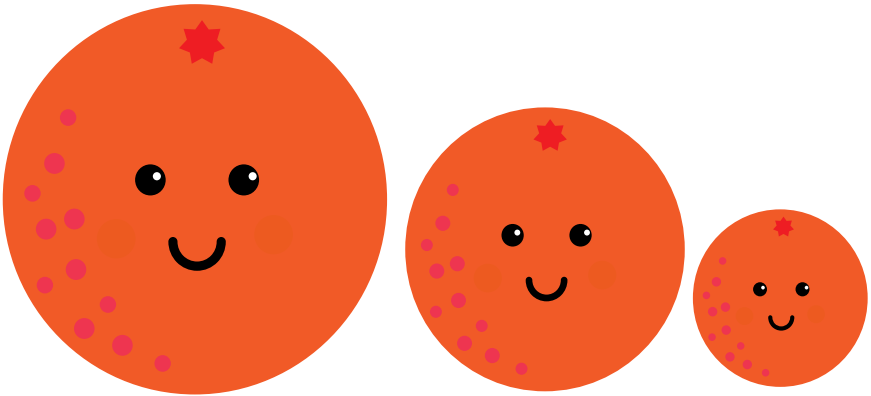
\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 In a small bowl, whisk oil, vinegar, sugar, and poppy seeds together, to make vinaigrette.
- 2 Place mango, raspberries, blueberries, spinach, and reduced fat feta cheese in a large bowl.
- 3 Drizzle vinaigrette over salad. Toss gently.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## ORANGE

# ORANGE



source of vitamins



fiber, potassium, calcium,  
vitamin a and vitamin c

I can make

with oranges at home.

## Nutrition Facts

Serving Size 1 serving (131g)  
Servings Per Container 1

### Amount Per Serving

Calories 60      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 15g      5%

Dietary Fiber 3g      12%

Sugars 12g

Protein 1g

Vitamin A 6%      • Vitamin C 120%

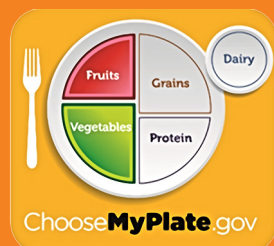
Calcium 6%      • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Almost 90% of oranges, harvested in the United States, will be used for orange juice.
- Brazil is the world's largest orange producer. The United States is the world's second largest orange producer.



What vegetable would you eat  
with oranges to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Select oranges that are firm, smooth skinned, and heavy for their size.

## How to Store

Store at room temperature for 1-2 days. Refrigerate oranges for 1-2 weeks.

## Caribbean Bean Salad

### Ingredients

4 cups romaine lettuce, chopped  
¼ cup red onion, chopped  
1 cup canned black beans, drained and rinsed  
1 orange, peeled and chopped  
1 tomato, chopped

Total time: 15 minutes

3 tablespoons red wine vinegar  
1 tablespoon canola oil  
1 teaspoon dried oregano  
¼ teaspoon ground black pepper

Recipe source: SNAP-ED Connection Recipe Finder at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (192.92g)  
Servings Per Container 4

#### Amount Per Serving

Calories 120      Calories from Fat 35

% Daily Value\*

Total Fat 4g      6%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 240mg      10%

Total Carbohydrate 18g      6%

Dietary Fiber 7g      28%

Sugars 5g

Protein 5g

Vitamin A 90%      •      Vitamin C 45%

Calcium 6%      •      Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.

1 Toss all ingredients together in a large salad bowl.

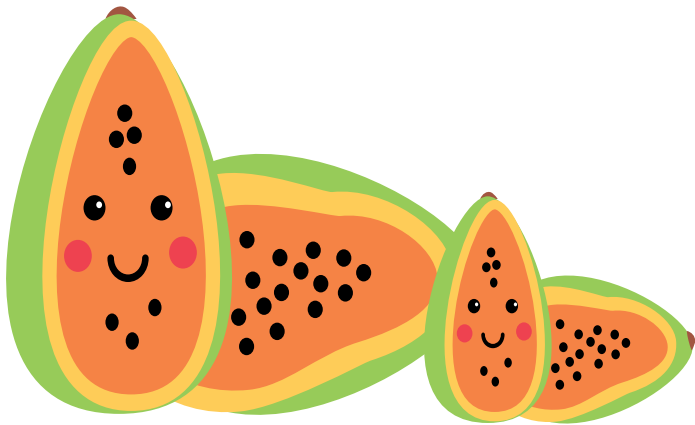
2 Serve right away or refrigerate up to 1 hour and then serve.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



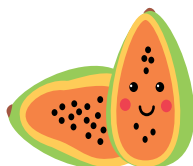
# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## PAPAYA

# PAPAYAS



source of vitamins



vitamin a and vitamin c

I can make

---

with papayas at home.

## Nutrition Facts

Serving Size 0.5 cup (70g)

Servings Per Container 1

### Amount Per Serving

**Calories** 30      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

*Trans Fat*

**Cholesterol** 0mg      0%

**Sodium** 5mg      0%

**Total Carbohydrate** 8g      3%

Dietary Fiber 1g      4%

Sugars 5g

**Protein** 0g

Vitamin A 15%      •      Vitamin C 70%

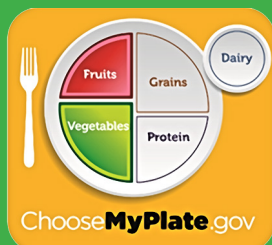
Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- In the United States, Hawaii is the only place to grow papayas.
- The black seeds, in the center of the fruit, are edible. They have a spicy, pepper taste.



What vegetable would you eat  
with papayas to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Select papayas that are firm and heavy for their size. Avoid overly soft or blemished papayas.

## How to Store

Store in the refrigerator for one week.

## Batido Smoothie

### Ingredients

2 cups papaya, chunked  
2 bananas, sliced  
1 cup plain low-fat yogurt  
1 cup ice cubes

Total time: 10 minutes

Recipe source: USDA Center for Nutrition Policy and Promotion at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (249.33g)  
Servings Per Container 4

Amount Per Serving		
<b>Calories</b>	120	Calories from Fat 10
		% Daily Value*
<b>Total Fat</b>	1.5g	2%
<b>Saturated Fat</b>	0.5g	3%
<b>Trans Fat</b>		
<b>Cholesterol</b>	<5mg	2%
<b>Sodium</b>	50mg	2%
<b>Total Carbohydrate</b>	25g	8%
<b>Dietary Fiber</b>	3g	12%
<b>Sugars</b>	17g	
<b>Protein</b>	4g	
<b>Vitamin A</b>	15%	• <b>Vitamin C</b> 80%
<b>Calcium</b>	15%	• <b>Iron</b> 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Place all ingredients in the blender. Blend until the ice is chopped and the mixture is smooth.
- 2 Serve right away or cover and refrigerate for up to 4 hours.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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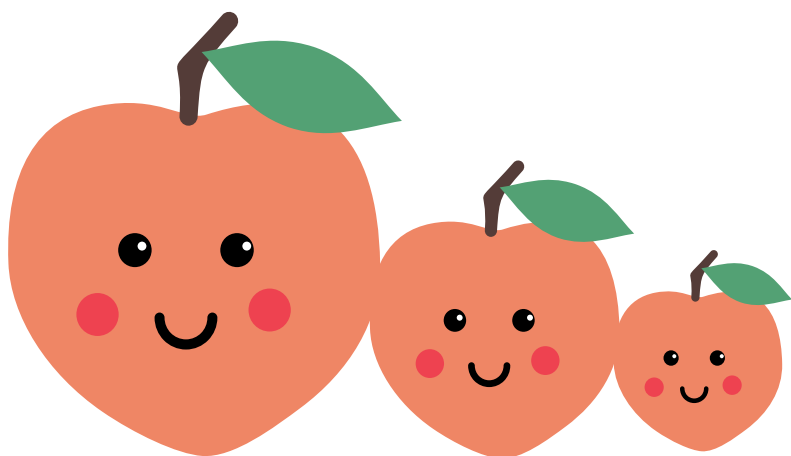


VDHLiveWell



# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## PEACHES



# PEACHES



source of vitamins



fiber, potassium, vitamin a,  
and vitamin c

I can make

with peaches at home.

## Nutrition Facts

Serving Size 1 item (150g)  
Servings Per Container 1

### Amount Per Serving

Calories 60      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 14g      5%

Dietary Fiber 2g      8%

Sugars 13g

Protein 1g

Vitamin A 10%      •      Vitamin C 15%

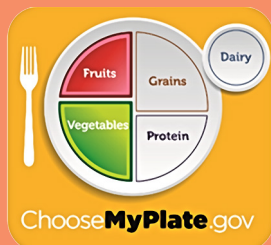
Calcium 0%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Georgia is known as the “Peach State!”
- Peaches are native to China!



What vegetable would you eat  
with peaches to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid peaches with blemishes.

## How to Store

Ripen on the counter first, then store in the refrigerator up to seven days.

## Peach and Tomato Salad

### Ingredients

½ pound peaches, pitted and wedged  
2 large tomatoes, wedged  
¼ cup red onion, thinly sliced  
1 tablespoon vinegar  
1 ½ teaspoons olive oil

Total time: 20 minutes

1 teaspoon honey  
⅛ teaspoon freshly ground black pepper  
¼ cup reduced fat mozzarella cheese  
2 tablespoons fresh basil, torn

Recipe source: My Recipes at [www.myrecipes.com](http://www.myrecipes.com).

### Nutrition Facts

Serving Size 1 serving (141.46g)  
Servings Per Container 4

#### Amount Per Serving

Calories 70 Calories from Fat 25

% Daily Value\*

Total Fat 3g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol <5mg 2%

Sodium 55mg 2%

Total Carbohydrate 5g 2%

Dietary Fiber <1g 4%

Sugars 8g

Protein 3g

Vitamin A 15% • Vitamin C 45%

Calcium 6% • Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

1

Combine peaches, tomatoes, onions in a large bowl.

2

Whisk together the vinegar, oil, honey, and pepper in a small bowl.

3

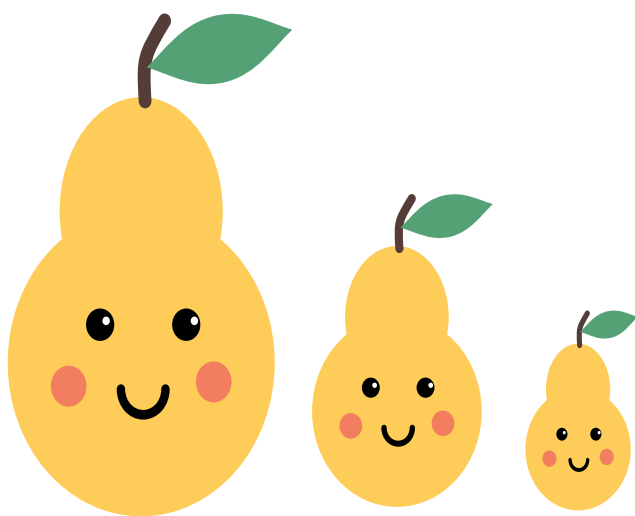
Drizzle vinegar mixture over peach mixture. Toss well to coat. Sprinkle cheese and basil on top.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



# EAT SMART

Eating a variety of fruits and vegetables is an important part of a healthy lifestyle.



## PEARS

# PEARS



source of vitamins



fiber, potassium, and vitamin c

I can make

---

with pears at home.

## Nutrition Facts

Serving Size 1 item (166g)  
Servings Per Container 1

### Amount Per Serving

Calories 90      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 25g      8%

Dietary Fiber 5g      20%

Sugars 16g

Protein <1g

Vitamin A 0%      •      Vitamin C 10%

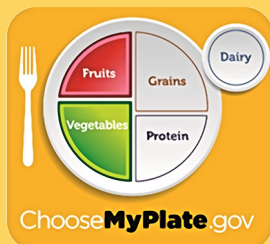
Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Pears used to be called “butter fruit,” for their soft, butter-like texture.
- Oregon and Washington produce 84% of the nation’s pears!



What vegetable would you eat  
with pears to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Select pears that are firm. When it yields to pressure, it is ready to eat.

## How to Store

Ripen in a paper bag first. After the pear has ripened, store in the refrigerator.

## Pear Rabbit

### Ingredients

Total time: 5 minutes

3 canned pear halves, drained  
1 raisin

Recipe source: Chickasaw Nation Get Fresh! Nutrition Education Program at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (228.5g)  
Servings Per Container 1

#### Amount Per Serving

Calories 120      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 10mg      0%

Total Carbohydrate 30g      10%

Dietary Fiber 4g      16%

Sugars 22g

Protein <1g

Vitamin A 0%      Vitamin C 6%

Calcium 2%      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

1

Place 2 pear halves, flat side down, on a small plate.

2

Use a knife to cut a tail, ears and, feet from the remaining pear half. Add each part to the body.

3

Use a knife to cut one raisin in half. Place the raisin halves, on the smaller end of the pear, to make it look like eyes.

4

Enjoy your pear rabbit.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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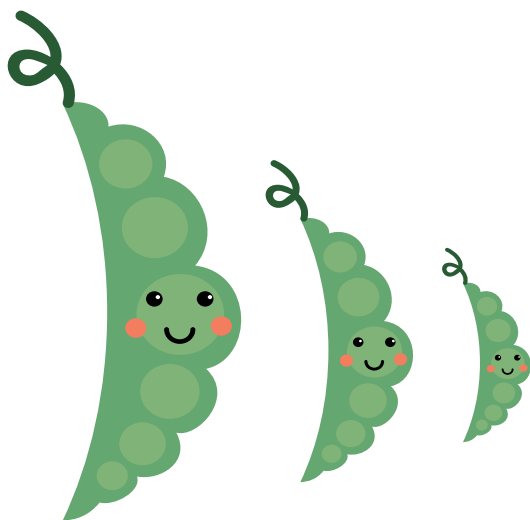


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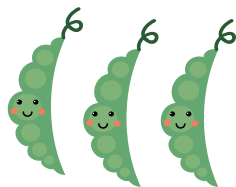
# EAT SMART

Eating a variety of fruits and vegetables is an important part of a healthy lifestyle.



## PEAS

# PEAS



source of vitamins



potassium, vitamin a,  
and vitamin c

I can make

---

with peas at home.

## Nutrition Facts

Serving Size 1 serving (113.4g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 90      **Calories from Fat** 15

% Daily Value\*

**Total Fat** 1.5g      2%

**Saturated Fat** 0.5g      3%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

### Total Carbohydrate

**Dietary Fiber**

**Sugars** 3g

**Protein** 8g

**Vitamin A** 10%      •      **Vitamin C** 45%

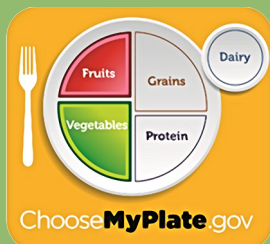
**Calcium** 2%      •      **Iron** 20%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Only 5% of peas that are grown are sold fresh. Most are canned or frozen.
- Peas are the seeds of the pea plant.



What fruit would you eat with  
peas to make  $\frac{1}{2}$  of your plate  
fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Choose firm, bright green, medium-sized pods with no signs of decay or wilting.

## How to Store

Refrigerate peas in a perforated plastic bag for up to seven days. Shell peas immediately before using.

## Fried Rice

### Ingredients

Total time: 40 minutes

Nonstick cooking spray  
2 cups mixed vegetables, frozen or fresh  
1 tablespoon less sodium soy sauce  
1 ½ teaspoons garlic powder  
1 ½ teaspoons onion powder  
2 cups brown rice, cooked  
1 egg, beaten

Recipe source: Pennsylvania Nutrition Education program at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (204.24g)  
Servings Per Container 4

Amount Per Serving		
<b>Calories</b>	480	Calories from Fat 45
% Daily Value*		
<b>Total Fat</b>	5g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	
<b>Cholesterol</b>	55mg	18%
<b>Sodium</b>	220mg	9%
<b>Total Carbohydrate</b>	11g	4%
Dietary Fiber	3g	12%
Sugars	2g	
<b>Protein</b>	12g	
Vitamin A 70%	• Vitamin C 15%	
Calcium 4%	• Iron 15%	
* Percent Daily Values are based on a 2,000 calorie		

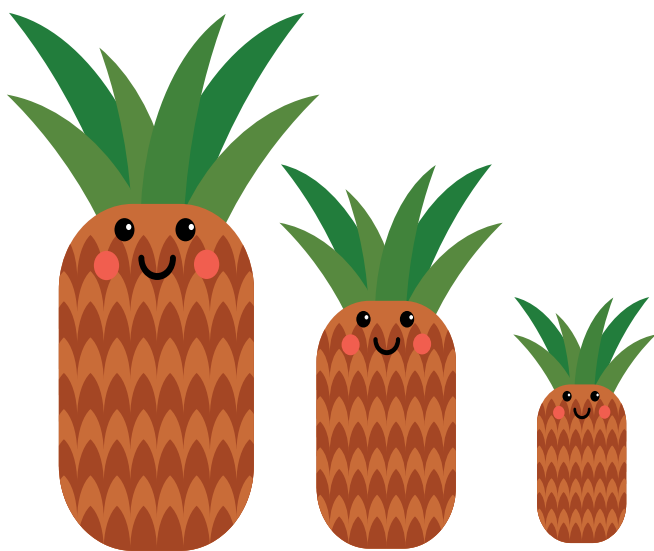
- 1 Spray skillet with cooking spray. Heat skillet on medium heat. Add vegetables to skillet and cook until vegetables are tender, stirring occasionally.
- 2 Add soy sauce, garlic powder and onion to vegetables and mix well. Add cooked rice to skillet and stir until thoroughly heated. Push rice to sides of pan, making a hole in the center.
- 3 Pour beaten egg into center of skillet and scramble. Continue to stir until almost done. Push rice into center of egg and continue to mix until egg is done. Then mix through rice and vegetable mixture.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell



# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



# PINEAPPLE

# PINEAPPLE



source of vitamins



vitamin c

I can make

---

with pineapple at home.

## Nutrition Facts

Serving Size 0.5 cup (77.5g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 40      **Calories from Fat** 0

### % Daily Value\*

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 10g      3%

**Dietary Fiber** 1g      4%

**Sugars** 8g

**Protein** 0g

**Vitamin A** 0%      •      **Vitamin C** 60%

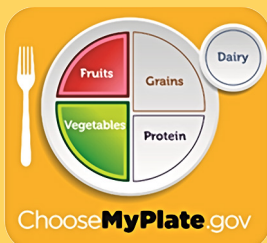
**Calcium** 0%      •      **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- It takes more than two years for a pineapple to reach maturity.
- Christopher Columbus found pineapples in the Guadeloupe Islands of the Caribbean.



What vegetable would you eat  
with pineapple to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Choose pineapples with dark green leaves, that are heavy for their size. Avoid soft or dark spots and dry-looking leaves.

## How to Store

Eat as soon as possible. Refrigerate cut pineapple for 2-3 days.

## Grilled Pineapple Salsa

### Ingredients

1 fresh pineapple, peeled, cored, and sliced  
2 teaspoons olive oil  
¼ cup red onion, chopped  
¼ cup sweet bell pepper, chopped

Total time: 30 minutes

¼ cup rice vinegar  
2 jalapeños, seeded and minced (optional)  
2 tablespoons lime juice  
1 tablespoon cilantro  
1 ½ teaspoons garlic, minced

Recipe source: June 1995 issue of Martha Stewart Living at [www.marthastewart.com](http://www.marthastewart.com).

### Nutrition Facts

Serving Size 1 serving (160.76g)  
Servings Per Container 4

#### Amount Per Serving

Calories	90	Calories from Fat	20
% Daily Value*			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	18g		6%
Dietary Fiber	2g		8%
Sugars	13g		

#### Protein

Vitamin A	2%	Vitamin C	110%
Calcium	2%	Iron	2%

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Heat grill to medium-high heat.
- 2 Brush pineapple slices lightly with oil. Grill until brown and caramelized, about 8 minutes per side. Cool slightly, and cut into 1-inch chunks. Transfer to a bowl.
- 3 Add the remaining ingredients to the pineapple chunks. Toss to combine and serve.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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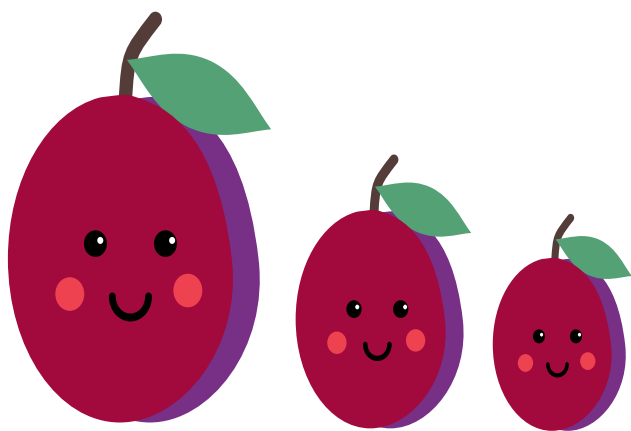


VDHLiveWell



# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## PLUMS

# PLUMS



source of vitamins



fiber and vitamin c

I can make

---

with plums at home.

## Nutrition Facts

Serving Size 1 item (66g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 30      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

*Trans Fat*

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 8g      3%

**Dietary Fiber** <1g      4%

**Sugars** 7g

**Protein** 0g

**Vitamin A** 4%      •      **Vitamin C** 10%

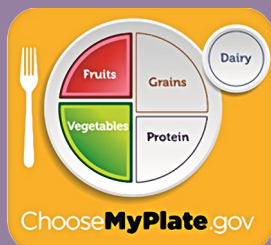
**Calcium** 0%      •      **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- When plums are dried, they are known as prunes.
- Plums are grown in every continent except for Antarctica.



What vegetable would you eat  
with plums to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Choose plump plums with smooth skins. Avoid bruises and soft spots .

## How to Store

Ripen on the counter first, then store in the refrigerator up to seven days.

## Plums-Plus Muffins

### Ingredients

Total time: 25 minutes

Nonstick cooking spray  
14 ounces oat bran muffin mix  
 $\frac{3}{4}$  cup 100% apple juice  
1 cup canned plums, drained and finely chopped  
 $\frac{3}{4}$  cup raisins

Recipe source: The California Fruit Tree Agreement, at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (78.64g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b>	180
Calories from Fat 35	
% Daily Value*	
<b>Total Fat</b>	4g 6%
Saturated Fat	1g 5%
Trans Fat	
<b>Cholesterol</b>	0mg 0%
<b>Sodium</b>	230mg 10%
<b>Total Carbohydrate</b>	36g 12%
Dietary Fiber	<1g 4%
Sugars	10g
<b>Protein</b>	3g
Vitamin A	4% • Vitamin C 0%
Calcium	0% • Iron 8%

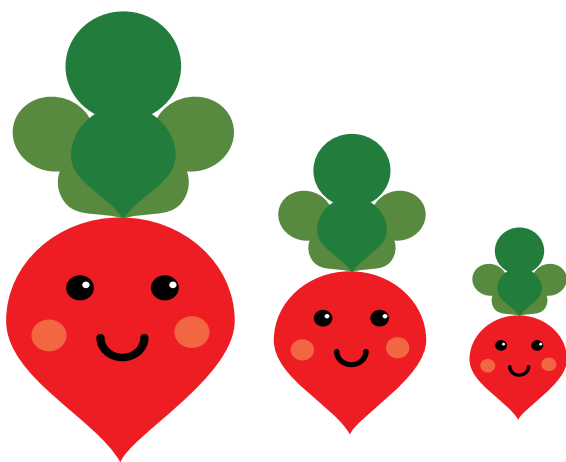
\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Heat oven to 425°F. Lightly spray a muffin pan with non-stick cooking spray. In a medium bowl, combine muffin mix and juice, until wet. Stir in plums and raisins.
- 2 Spoon batter into muffin pan. NOTE: Fill approximately  $\frac{3}{4}$  full. Make sure not to fill completely.
- 3 Bake for 14 minutes or until toothpick inserted in the center comes out clean. Remove muffins from pan and cool.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

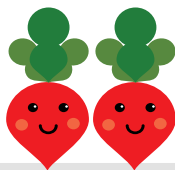
# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## RADISHES

# RADISHES



source of vitamins



fiber and vitamin c

I can make

---

with radishes at home.

## Nutrition Facts

Serving Size 0.5 cup (58g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 10      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 25mg      1%

**Total Carbohydrate** 2g      1%

**Dietary Fiber** <1g      4%

**Sugars** 1g

**Protein** 0g

**Vitamin A** 0%      • **Vitamin C** 15%

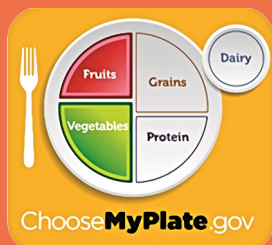
**Calcium** 0%      • **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Radishes are root vegetables, such as carrots, potatoes, and beets.
- You can peel the radish, although you don't have to!



What vegetable would you eat  
with radishes to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---



# PARENT'S CORNER

## How to Select

Choose firm, brightly colored, medium sized radishes. Attached tops should be green and look fresh.

## How to Store

Refrigerate radishes in a plastic bag for up to one week. Remove tops before storing.

## Cuban Salad

### Ingredients

¼ cup lime juice  
3 tablespoons canola oil  
1 teaspoon garlic, minced  
¼ teaspoon ground black pepper

Total time: 20 minutes

1 head of romaine lettuce, torn  
2 tomatoes, diced  
1 red onion, finely diced  
6 radishes, thinly sliced

Recipe source: USDA Center for Nutrition Policy and Promotion, at [www.whatscooking.fns.usda.gov/](http://www.whatscooking.fns.usda.gov/).

### Nutrition Facts

Serving Size 1 serving (193.06g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 3g	12%
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 130%	Vitamin C 30%
Calcium 4%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

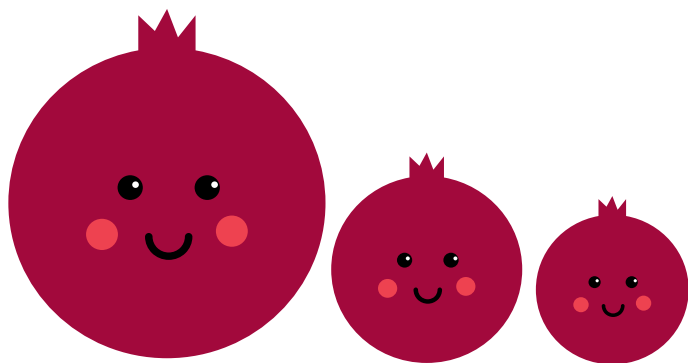
- 1 Whisk the oil, lime juice, oil, garlic, and black pepper in a small bowl. NOTE: lemon juice can be used in place of lime juice.
- 2 Place the lettuce, tomatoes, onion, and radishes in the large mixing bowl. Toss to combine. Drizzle the dressing over the salad and toss to coat.
- 3 Serve right away.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



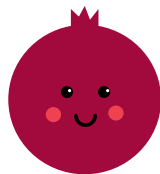
# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## POMEGRANATE

# POMEGRANATE



source of vitamins



vitamin c, fiber and, potassium

I can make

---

with pomegranates at home.

## Nutrition Facts

Serving Size 1 item (282g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 230      **Calories from Fat** 30

### % Daily Value\*

**Total Fat** 3.5g      **5%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 10mg      **0%**

**Total Carbohydrate** 53g      **18%**

**Dietary Fiber** 11g      **44%**

**Sugars** 39g

**Protein** 5g

**Vitamin A** 0%      •      **Vitamin C** 50%

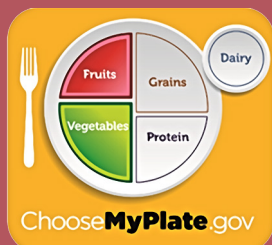
**Calcium** 2%      •      **Iron** 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Pomegranates are filled with tiny seeds called arils.
- Pomegranate seeds are a great, colorful, and tasty addition to any fruit or vegetable salad!



What vegetable would you eat  
with pomegranates to make  $\frac{1}{2}$  of  
your plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Select pomegranates that have firm, smooth skin and that are heavy for their size.

## How to Store

Refrigerate pomegranates for 3-4 weeks. Once cut, the seeds may be frozen in a tightly sealed bag.

## Winter Greens Salad

### Ingredients

4 cups winter greens,  
washed and torn  
1 orange, peeled and  
sectioned  
1 pomegranate, peeled and  
seeded  
3 tablespoons walnuts,  
chopped

Total time: 20 minutes

2 tablespoons canola oil  
2 tablespoons vinegar  
2 tablespoons red onion,  
chopped  
1 tablespoon orange juice  
1 teaspoon honey  
¼ teaspoon ground black  
pepper

Recipe source: Epicurious, at [www.epicurious.com](http://www.epicurious.com).

### Nutrition Facts

Serving Size 1 serving (74.63g)  
Servings Per Container 5

#### Amount Per Serving

Calories 100 Calories from Fat 80

% Daily Value\*

Total Fat 8g 12%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 8%

Sugars 4g

Protein 2g

Vitamin A 45% • Vitamin C 40%

Calcium 4% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

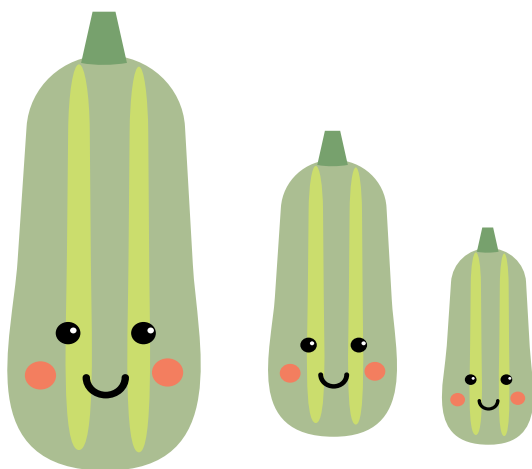
- 1 Combine the greens, orange segments, pomegranate seeds, and walnuts, in a large bowl. Toss to mix.  
NOTE: To add more flavor, roast the walnuts by placing them in a dry skillet over medium heat for 5-10 minutes.
- 2 In the small bowl, whisk together the oil, vinegar, red onion, juice, and honey to create the dressing.
- 3 Pour dressing over the salad. Season with black pepper and toss to combine.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



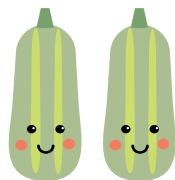
# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## SQUASH

# SQUASH



source of vitamins



potassium  
and vitamin c

I can make

---

with squash at home.

## Nutrition Facts

Serving Size 1 item (118g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 20      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

*Trans Fat*

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 4g      1%

Dietary Fiber 1g      4%

Sugars 3g

**Protein** 1g

Vitamin A 4%      • Vitamin C 35%

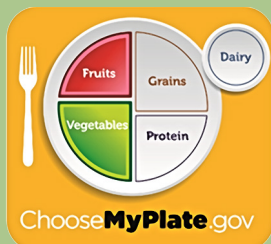
Calcium 0%      • Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- There are multiple varieties of summer squash. Some of the types are, zucchini, golden zucchini, yellow crookneck, yellow straightneck, and scallop.
- Florida produces the most squash in the United States.



What fruit would you eat with  
squash to make  $\frac{1}{2}$  of your plate  
fruits and veggies?

---

# PARENT'S CORNER

## How to Select

For all squash varieties, choose glossy, small to medium-sized squash that are heavy for their size.

## How to Store

Store squash in a perforated plastic bag in the refrigerator for four to five days.

## Squash and Pepper Skillet

### Ingredients

Total time: 25 minutes

2 teaspoons olive oil  
1 onion, chopped  
1 garlic clove, chopped  
1 zucchini, sliced  
1 summer squash, sliced  
½ bell pepper, sliced

Recipe source: The October/November 2000 issue of Taste of Home. magazine, at [www.tasteofhome.com/recipes/squash-and-pepper-skillet](http://www.tasteofhome.com/recipes/squash-and-pepper-skillet).

### Nutrition Facts

Serving Size 1 serving (247.75g)  
Servings Per Container 2

Amount Per Serving	
Calories 100	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 3g	
Vitamin A 8%	Vitamin C 90%
Calcium 4%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Heat oil in skillet on medium heat.
- 2 Cook onion and garlic until tender.
- 3 After the onion and garlic have cooked, add zucchini, squash, and bell pepper to the skillet. Cook for 12-15 minutes or until vegetables become crisp-tender.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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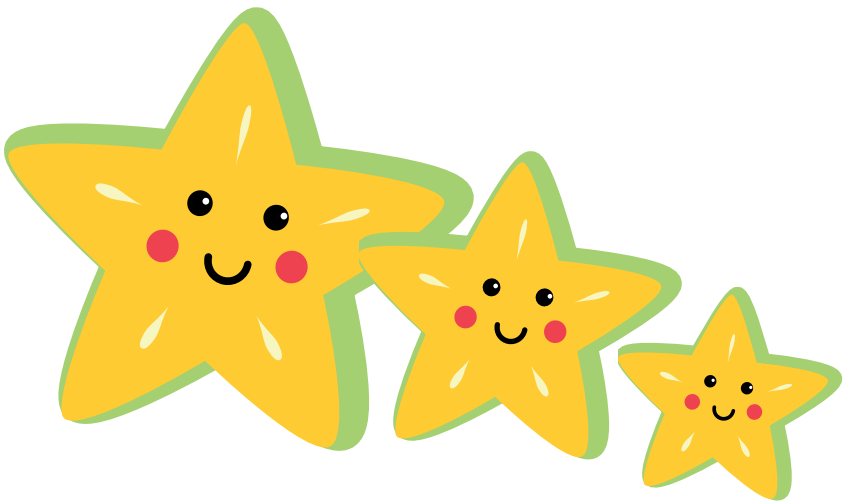


VDHLiveWell



# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## STARFRUIT



# STARFRUIT



source of vitamins



fiber and vitamin c

I can make

---

with starfruit at home.

## Nutrition Facts

Serving Size 1 item (91g)  
Servings Per Container 1

### Amount Per Serving

Calories 30      Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 6g 2%

Dietary Fiber 3g 12%

Sugars 4g

**Protein** <1g

Vitamin A 0%      •      Vitamin C 50%

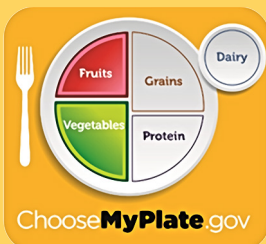
Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Starfruit has its name because once it is cut, it forms the shape of star.
- Starfruit is also known as carambola.



What vegetable would you eat  
with starfruit to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Select firm, shiny starfruit that are yellow without a lot of brown on the skin.

## How to Store

Ripen star fruit at room temperature until you can smell their aroma then refrigerate for up to a week.

## Creamy Starfruit-Banana Smoothie

### Ingredients

Total time: 5 minutes

2 cups fresh spinach  
1 cup water  
1 starfruit, seeded  
1 banana, peeled  
½ teaspoon vanilla extract

Recipe source: Incredible Smoothies, at [www.incrediblesmoothies.com](http://www.incrediblesmoothies.com).

### Nutrition Facts

Serving Size 1 serving (261.71g)  
Servings Per Container 4

#### Amount Per Serving

Calories 140      Calories from Fat 5

% Daily Value\*

Total Fat 0.5g      1%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol <5mg      2%

Sodium 30mg      1%

Total Carbohydrate 32g      11%

Dietary Fiber 3g      12%

Sugars 27g

Protein 4g

Vitamin A 15%      Vitamin C 60%

Calcium 4%      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

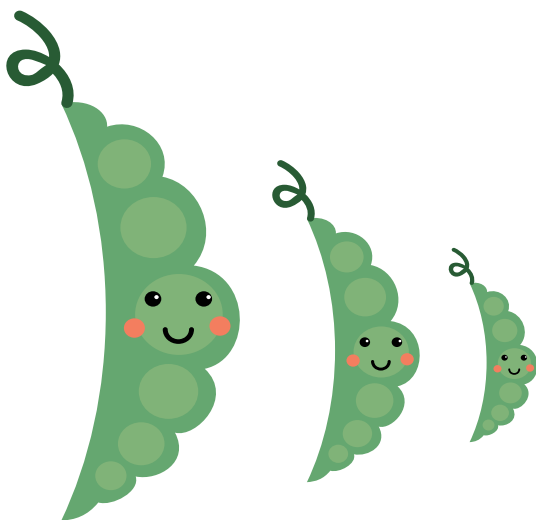
1 Add all ingredients to the blender.

2 Blend until smooth.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)  VFNP  VDHLiveWell

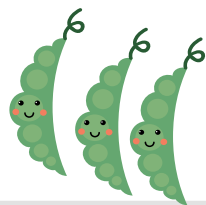
# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## SNAP PEAS

# SNAP PEAS



source of vitamins



potassium, vitamin a  
and vitamin c

I can make

with sugar snap peas  
at home.

## Nutrition Facts

Serving Size 0.5 cup (62.31g)  
Servings Per Container 1

### Amount Per Serving

Calories 30      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 5g      2%

Dietary Fiber 2g      8%

Sugars 2g

Protein 2g

Vitamin A 4%      •      Vitamin C 10%

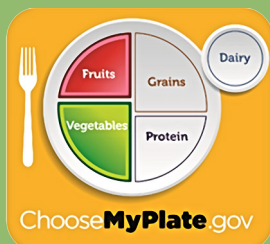
Calcium 4%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- The entire sugar snap pea can be eaten, including the pod.
- Sugar snap peas start to lose their sweetness soon after they are harvested. Make sure you eat them soon after they are picked!



What fruit would you eat with  
sugar snap peas to make  $\frac{1}{2}$  of  
your plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose firm, bright green, medium-sized pods with no signs of decay or wilting.

## How to Store

Refrigerate peas in a perforated plastic bag for up to seven days. Shell peas immediately before using.

## Hummus

### Ingredients

16 ounces chickpea or garbanzo beans, canned and drained with liquid reserved  
¼ cup lemon juice  
2 tablespoons olive oil  
¼ teaspoon garlic powder

Total time: 40 minutes

1½ tablespoons tahini or 2 tablespoons peanut butter  
5 cups sugar snap peas

Recipe source: Susan Burke, at [www.mizfrogspad.com/Diet/Recipes/Hummus.htm](http://www.mizfrogspad.com/Diet/Recipes/Hummus.htm).

### Nutrition Facts

Serving Size 1 serving (170.18g)  
Servings Per Container 10

#### Amount Per Serving

Calories 120 Calories from Fat 45

% Daily Value\*

Total Fat 5g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 250mg 10%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 7g

Protein 7g

Vitamin A 8% • Vitamin C 60%

Calcium 8% • Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

**1** Add chickpeas, lemon juice, olive oil, tahini or peanut butter, and garlic powder to a blender. Blend for 3-5 minutes, until smooth. NOTE: Reserve ¼ cup of liquid from the drained beans. Also, 2 garlic cloves may be used as a substitute for garlic powder.

**2** Pour into serving bowl. Serve immediately with peas or cover and refrigerate.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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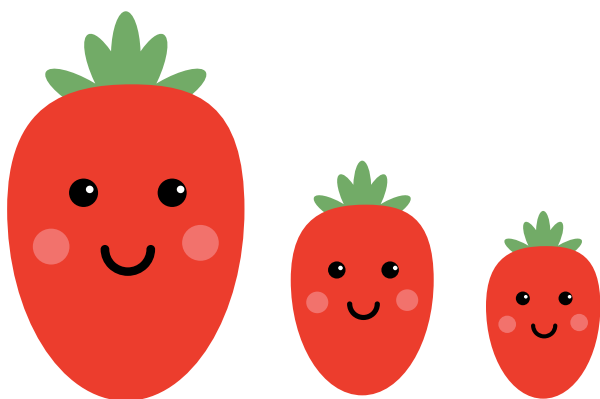


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# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## STRAWBERRY

# STRAWBERRIES



source of vitamins



vitamin c

I can make

with strawberries at home.

## Nutrition Facts

Serving Size 0.5 cup (72g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 25      **Calories from Fat** 0

### % Daily Value\*

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 6g      2%

**Dietary Fiber** 1g      4%

**Sugars** 4g

**Protein** 0g

**Vitamin A** 0%      •      **Vitamin C** 70%

**Calcium** 0%      •      **Iron** 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Strawberries are the only fruit with seeds on the outside!
- Strawberries can be eaten fresh, frozen, dried, or made into a preserve.



What vegetable would you eat  
with strawberries to make  $\frac{1}{2}$  of  
your plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose shiny, firm berries with a bright red color. Caps should be fresh, green, and intact. Avoid shriveled, mushy, or leaky berries.

## How to Store

Do not wash strawberries until ready to eat. Store in refrigerator for 1-3 days.

## Strawberry Spinach Salad

### Ingredients

1 pound fresh spinach, torn  
1 pint strawberries, sliced  
½ red onion, diced  
¼ cup sugar  
¼ cup vinegar  
2 tablespoons canola oil  
½ teaspoon mustard

Total time: 45 minutes

½ teaspoon  
Worcestershire sauce  
¼ teaspoon paprika  
¼ cup pecans, chopped  
(optional)

Recipe source: [www.culinaryhill.com/strawberry-pecan-spinach-salad/](http://www.culinaryhill.com/strawberry-pecan-spinach-salad/).

### Nutrition Facts

Serving Size 1 serving (170.95g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 3g	12%
Sugars 20g	
<b>Protein</b> 3g	
Vitamin A 140%	Vitamin C 80%
Calcium 8%	Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 Add spinach and strawberries to a large bowl.
- 2 To make the dressing, add the onion, sugar, vinegar, canola oil, mustard, Worcestershire sauce, and paprika to a small bowl. Mix well until the sugar is dissolved.
- 3 Drizzle dressing lightly over salad and toss to coat. Sprinkle nuts on top.

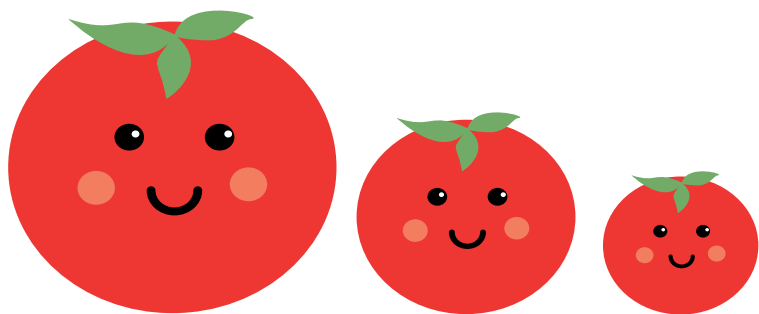
For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)





# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



# TOMATO

# TOMATO



source of vitamins



vitamin a, vitamin c,  
and potassium

I can make

---

with tomatoes at home.

## Nutrition Facts

Serving Size 1 item (123g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 20      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat**

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 5g      **2%**

**Dietary Fiber** 1g      **4%**

**Sugars** 3g

**Protein** 1g

Vitamin A 20%      •      Vitamin C 30%

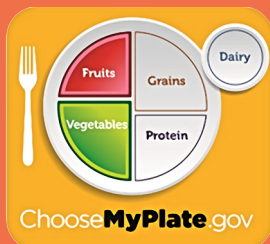
Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Tomatoes are not only red. They can also be green, orange, yellow, pink, black, brown, and purple.
- Since a tomato has seeds and grows from a flowering plant, it is actually classified as a fruit, not a vegetable.



What fruit would you eat with  
tomatoes to make  $\frac{1}{2}$  of your plate  
fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Choose tomatoes with bright, shiny skins and firm flesh.

## How to Store

Store at room temperature away from direct sunlight and use within one week after ripe. Tomatoes taste best if they are not refrigerated. Refrigerate only if you cannot use them before they spoil.

## Tomato, Squash, and Onion Casserole

### Ingredients

2 teaspoons olive oil  
1 onion, chopped  
2 garlic cloves, minced  
3 tomatoes, sliced  
1 zucchini, sliced  
1 yellow squash, sliced

Total time: 45 minutes

1 teaspoon ground, dried thyme  
1 teaspoon ground, dried oregano  
1 teaspoon ground, dried basil  
½ teaspoon ground black pepper

Recipe source: USDA Center for Nutrition Policy and Promotion, at [www.whatscooking.fns.usda.gov/](http://www.whatscooking.fns.usda.gov/).

### Nutrition Facts

Serving Size 1 serving (101.71g)  
Servings Per Container 8

Amount Per Serving	
Calories 35	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 10%	Vitamin C 25%
Calcium 2%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

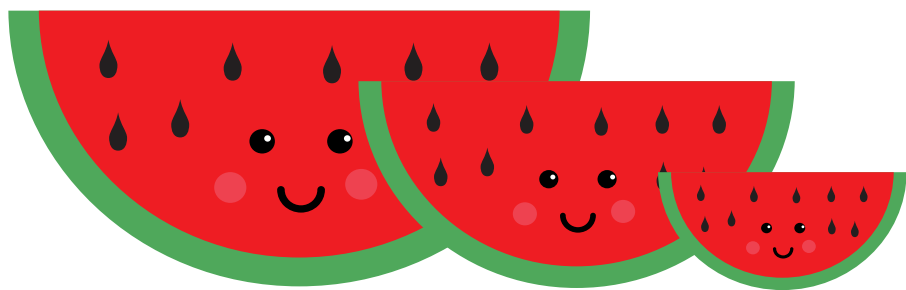
- 1 Heat oven to 400°F. Heat oil in skillet over medium heat. Add onions and garlic to the skillet and cook until tender.
- 2 Place tomatoes, zucchini, and squash, and tomato slices into a baking dish. Sprinkle cooked onions and garlic on top, along with the herbs. Mix vegetables together.
- 3 Cover and bake for 25-30 minutes.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



# EAT SMART

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an important part of a healthy lifestyle.



# WATERMELON

# WATERMELON



source of vitamins



vitamin a and vitamin c

I can make

with watermelon at home.

## Nutrition Facts

Serving Size 0.5 cup (76g)  
Servings Per Container 1

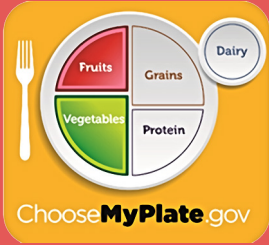
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 0g	
Vitamin A 8%	Vitamin C 10%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make 1/2 of your plate fruits and vegetables!

## FAST FACTS

- Watermelon is made up of about 92% water and helps to keep you hydrated!
- July is National Watermelon Month.



What vegetable would you eat with watermelon to make 1/2 of your plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose symmetrical watermelons with dried stems and yellowish undersides that are heavy for their size.

## How to Store

Store whole watermelons at room temperature. Refrigerate cut watermelons in air-tight container for use within 4 days.

## Fruit Kabobs with Yogurt Dip

### Ingredients

1 cup watermelon, seeded and chunked  
1 cup pineapple, chunked  
1 cup red seedless grapes  
1 cup strawberries, hulled  
2 kiwis, peeled and chopped

Total time: 5 minutes

6 ounces low-fat vanilla yogurt

Recipe source: Food and Health Communications Inc., at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### Nutrition Facts

Serving Size 1 serving (74.63g)  
Servings Per Container 5

#### Amount Per Serving

**Calories** 100      **Calories from Fat** 80

% Daily Value\*

**Total Fat** 8g      12%

Saturated Fat 0.5g      3%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 20mg      1%

**Total Carbohydrate** 6g      2%

Dietary Fiber 2g      8%

Sugars 4g

**Protein** 2g

Vitamin A 45%      •      Vitamin C 40%

Calcium 4%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

1 Arrange fruit chunks on the skewers.

2 Serve kabobs alongside yogurt as dip.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## SMART DRINKS

# SMART DRINKS



source of vitamins



vitamin a and vitamin c

I can use

to make smart drinks  
at home.

## Cherry Lime Water

### Nutrition Facts

Serving Size 1 serving (2101.56g)  
Servings Per Container 1

#### Amount Per Serving

Calories 90      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 60mg      3%

Total Carbohydrate 26g      9%

Dietary Fiber 5g      20%

Sugars 12g

Protein 2g

Vitamin A 2%      Vitamin C 70%

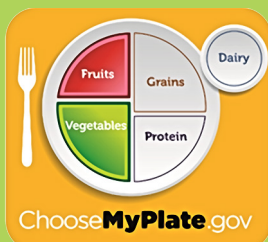
Calcium 10%      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Instead of drinking soda, drink more water, 100% fruit juice, and low-fat milk.
- The large amount of sugar in sodas can harm your teeth.



What fruit and vegetables would  
you add to your smart drinks to  
make  $\frac{1}{2}$  of your plate fruits and  
veggies?



# PARENT'S CORNER

## How to Select

Choose firm, bright green, smooth limes and cherries.

## How to Store

Store at room temperature for approximately one week or refrigerate in sealed in a plastic bag for one month.

## Cherry Lime Water

### Ingredients

Total time: 2 minutes

8 cups water  
2 limes, sliced  
½ cup cherries, pitted

Recipe source: [www.80twentynutrition.com](http://www.80twentynutrition.com).

### Nutrition Facts

Serving Size 1 serving (2101.56g)  
Servings Per Container 1

Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 2g	
Vitamin A 2%	Vitamin C 70%
Calcium 10%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

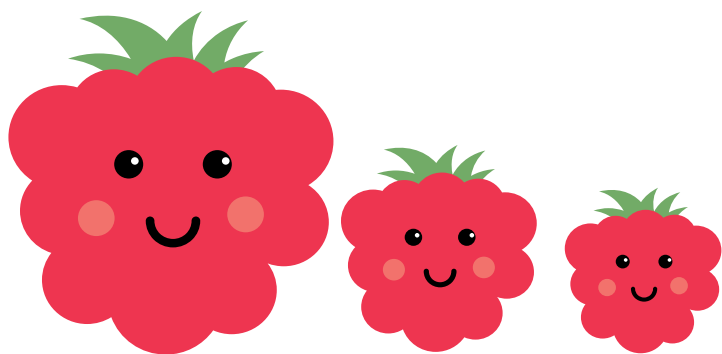
- 1 Mix all ingredients in a large pitcher or drink dispenser.
- 2 Keep in the refrigerator.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



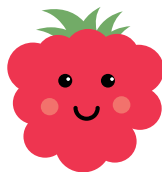
# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



## RASPBERRY

# RASPBERRY



source of vitamins



vitamin c and fiber

I can make

with raspberries at home.

## Nutrition Facts

Serving Size 0.5 cup (61.5g)  
Servings Per Container 1

### Amount Per Serving

Calories 30      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 7g      2%

Dietary Fiber 4g      16%

Sugars 3g

Protein <1g

Vitamin A 0%      •      Vitamin C 25%

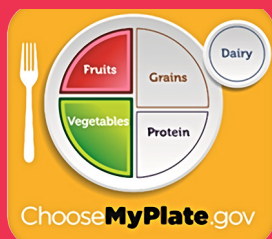
Calcium 0%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Raspberries can be red, purple, gold, or black.
- Golden raspberries are the sweetest!



What vegetable would you eat  
with raspberries to make  $\frac{1}{2}$  of  
your plate fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose dry, firm, and plump raspberries. Avoid those that are wet or moldy.

## How to Store

Refrigerate for 1-2 days. Do not wash until ready to be eaten.

## Avocado Raspberry Smoothie

### Ingredients

Total time: 5 minutes

- ½ avocado, pitted and peeled
- ¾ cup 100% orange juice
- ¾ cup 100% raspberry juice
- ⅔ cup raspberries, frozen

Recipe source: The April/May 2006 issue of Eating Well magazine, at [www.eatingwell.com/recipe/249138/raspberry-avocado-smoothie](http://www.eatingwell.com/recipe/249138/raspberry-avocado-smoothie).

### Nutrition Facts

Serving Size 1 serving (127.94g)  
Servings Per Container 4

#### Amount Per Serving

<b>Calories</b>	90	Calories from Fat	25
<b>% Daily Value*</b>			
<b>Total Fat</b>	3g		5%
<b>Saturated Fat</b>	0g		0%
<b>Trans Fat</b>	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	10mg		0%
<b>Total Carbohydrate</b>	15g		5%
<b>Dietary Fiber</b>	3g		12%
<b>Sugars</b>	11g		

**Protein** <1g

Vitamin A	2%	Vitamin C	70%
Calcium	0%	Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet.

1

Puree avocado, juices, and raspberries in a blender.

2

Blend until smooth.

**NOTE:** Raspberry juice may be hard to find.  
100% cran-raspberry juice can be a substitute.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



# EAT SMART

Eating a variety of fruits and vegetables is  
an important part of a healthy lifestyle.



# PHYSICAL ACTIVITY

# PHYSICAL ACTIVITY



source of vitamins



fiber, potassium, calcium,  
vitamin a, and vitamin c

I can

(insert activity)  
at home.

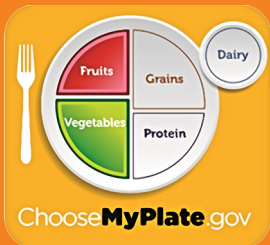
## Breakfast Egg Burrito

Nutrition Facts	
Serving Size 1 serving (203.12g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 270	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 185mg	<b>62%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 3g	
<b>Protein</b> 15g	
Vitamin A 10%	Vitamin C 10%
Calcium 15%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet.	

Make ½ of your plate  
fruits and vegetables!

## FAST FACTS

- It is recommended that children get 60 minutes of vigorous activity every day.
- Regular physical activity helps build strong muscles and bones!



What vegetable and fruits would  
you eat to make ½ of your plate  
fruits and veggies?

# PARENT'S CORNER

## How to Select

Choose tomatoes with bright, shiny skins and firm flesh.

## How to Store

Store at room temperature away from direct sunlight and use within one week after ripe. Tomatoes taste best if they are not refrigerated. Refrigerate only if you cannot use them before spoiling.

## Breakfast Burrito

### Ingredients

Nonstick cooking spray  
4 eggs  
2 tablespoons 1% milk  
½ onion, chopped  
1 tomato, chopped  
4 whole-wheat tortillas

Total time: 15 minutes

1 cup canned black beans, drained and rinsed

Recipe source: [www.foodhero.org](http://www.foodhero.org).

### Breakfast Egg Burrito

#### Nutrition Facts

Serving Size 1 serving (203.12g)  
Servings Per Container 4

Amount Per Serving		
<b>Calories</b>	270	Calories from Fat 80
		% Daily Value*
<b>Total Fat</b>	9g	14%
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<b>Total Carbohydrate</b>	32g	11%
Dietary Fiber	9g	36%
Sugars	3g	
<b>Protein</b>	15g	
Vitamin A 10%		Vitamin C 10%
Calcium 15%		Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet.		

- 1 Mix eggs and milk in a bowl. Spray skillet with nonstick spray and heat over medium heat. Cook the eggs until they are firm.
- 2 Warm the tortillas on the skillet.
- 3 On each tortilla, layer ¼ of onion, tomato, eggs, and beans. Roll the tortilla. Serve right away. Refrigerate leftovers within 2 hours.

For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



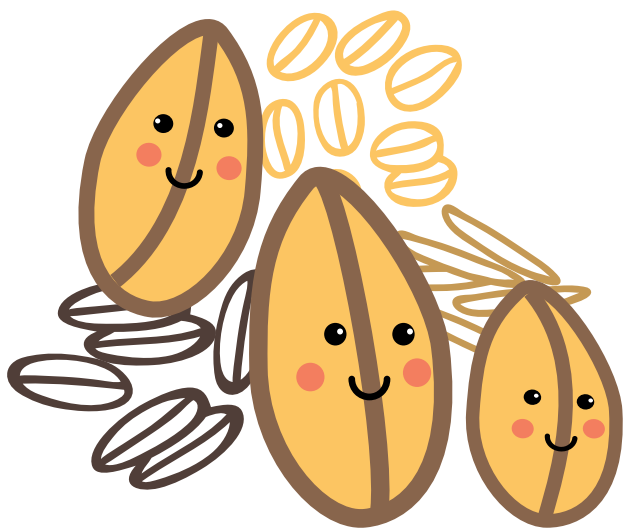
VFNP



VDHLiveWell

# EAT SMART

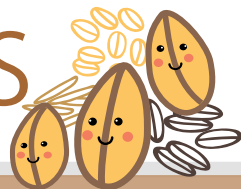
Eating a variety of fruits and vegetables is an important part of a healthy lifestyle.



## WHOLE GRAINS



# WHOLE GRAINS



source of vitamins



fiber, calcium, iron,  
and vitamin a

I can make

---

with oats at home.

## Overnight Oatmeal

### Nutrition Facts

Serving Size 1 serving (178.47g)  
Servings Per Container 4

#### Amount Per Serving

**Calories** 230      **Calories from Fat** 35

% Daily Value\*

**Total Fat** 4g      **6%**

Saturated Fat 1.5g      **8%**

Trans Fat

**Cholesterol** 5mg      **2%**

**Sodium** 60mg      **3%**

**Total Carbohydrate** 38g      **13%**

Dietary Fiber 5g      **20%**

Sugars 11g

**Protein** 11g

Vitamin A 2%      •      Vitamin C 4%

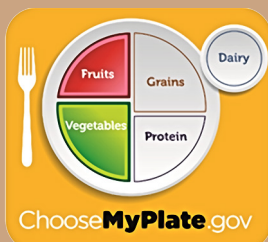
Calcium 15%      •      Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.

Make  $\frac{1}{2}$  of your plate  
fruits and vegetables!

## FAST FACTS

- Whole grains are packed with fiber. Fiber helps to keep you full longer.
- Whole grains are a source of vitamin B. Vitamin B is important to help your body burn energy from the food you eat.



What vegetable and fruit would  
you eat with to make  $\frac{1}{2}$  of your  
plate fruits and veggies?

---

# PARENT'S CORNER

## How to Select

Choose oats that are old-fashioned or you can use instant.

## How to Store

Store old-fashioned rolled oats in an air tight container in cool cupboard.

## Overnight Oatmeal

### Ingredients

Total time: 12 hours

1 cup uncooked  
old-fashioned rolled oats  
1 cup low-fat plain yogurt  
½ cup 1% milk  
½ cup frozen berries  
½ cup chopped apple

Recipe source: [www.foodhero.org](http://www.foodhero.org).

### Nutrition Facts

Serving Size 1 serving (178.47g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 230	<b>Calories from Fat</b> 35
% Daily Value*	
<b>Total Fat</b> 4g	6%
<b>Saturated Fat</b> 1.5g	8%
<b>Trans Fat</b>	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 38g	13%
<b>Dietary Fiber</b> 5g	20%
<b>Sugars</b> 11g	
<b>Protein</b> 11g	
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 In a medium bowl, mix oats, yogurt, and milk.
- 2 NOTE: The fruit can be added at this point or just before eating.
- 3 Cover and refrigerate for 6-12 hours.

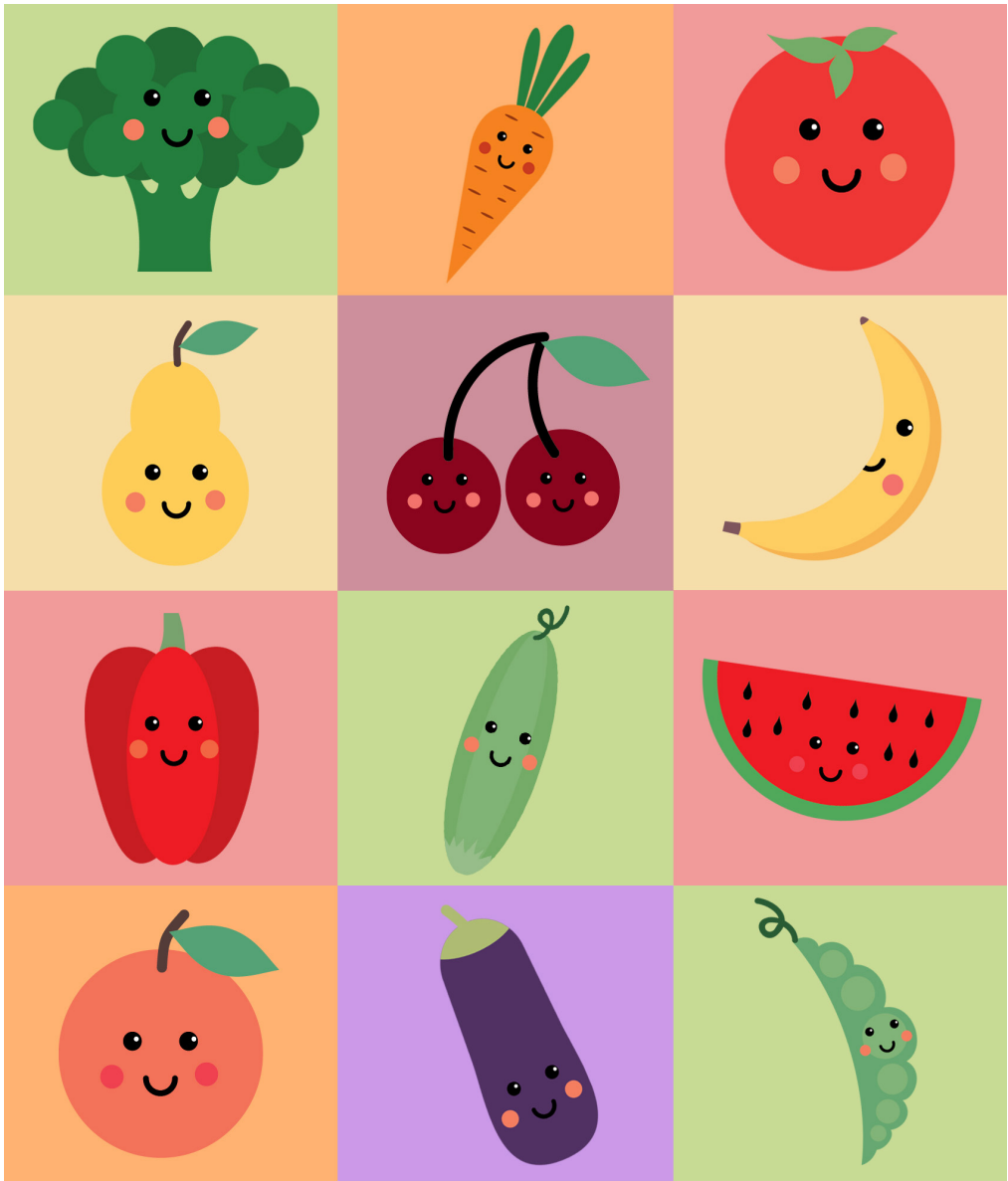
For more recipes, visit: [www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)



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