Fruits and Vegetables for Body and Soul

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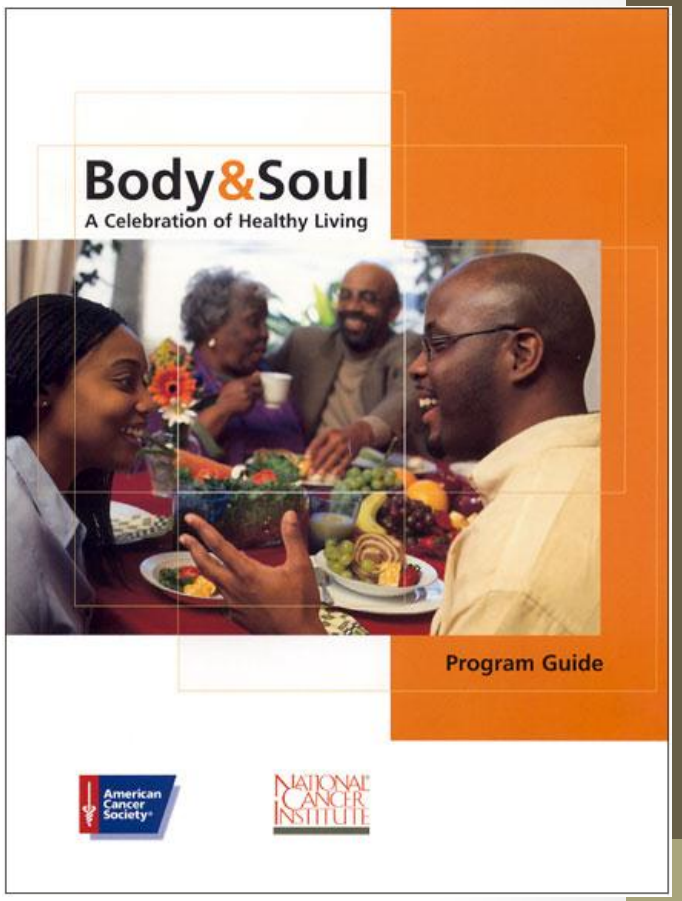
Agenda

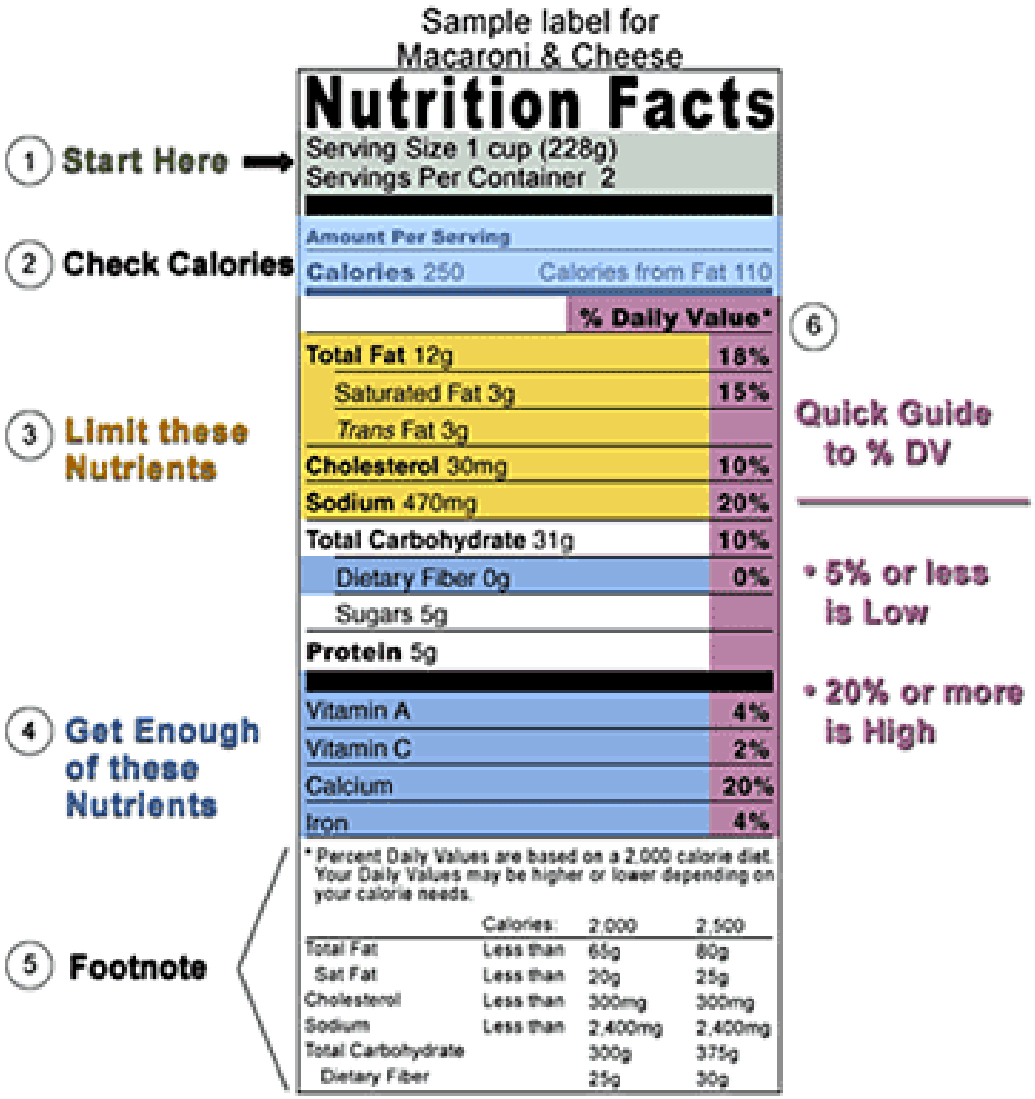
- Review of last time
- What is a: cup, tablespoon, teaspoon, etc.
- Importance of fruits and vegetables
- Fresh vs. canned vs. frozen
- Getting more fruits and veggies



Nutrition

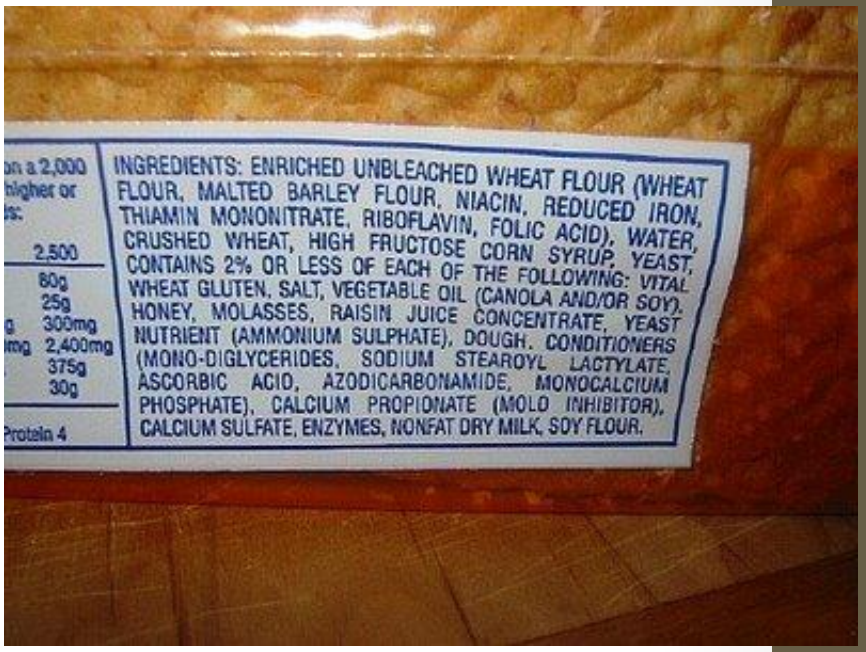
- Remember that the food we eat is what powers us through each day and gives us the energy to be our best and succeed
- Nutrition for healthy people is really quite simple--no need for gimmicks, special products, etc
- Know where your information comes from!

What is Important?



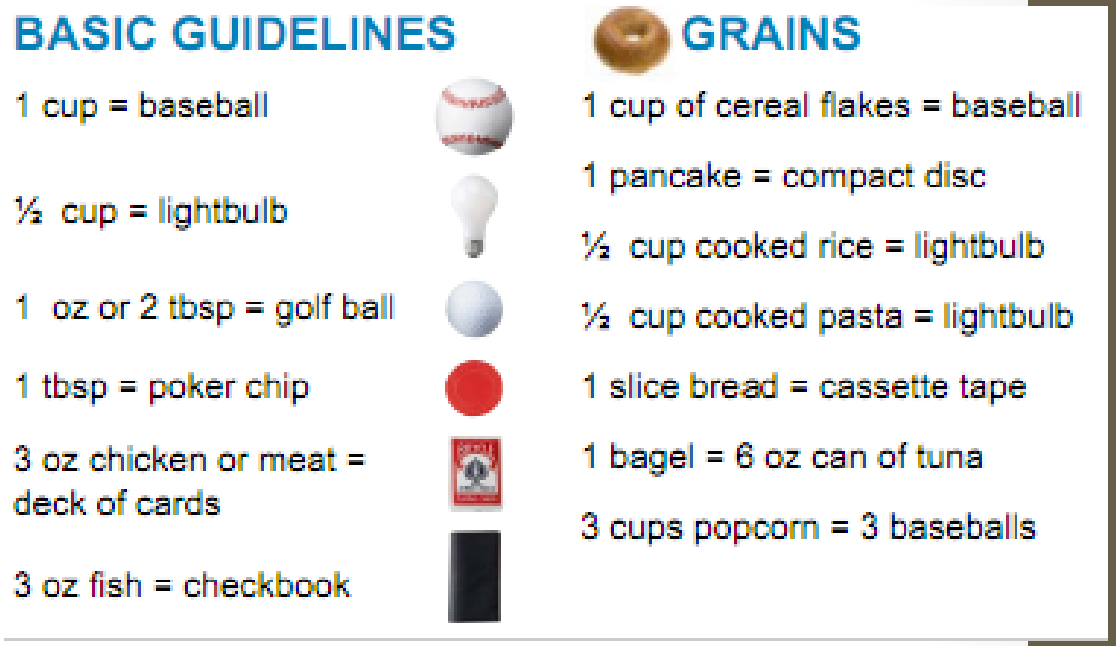
Calories and Ingredients

- Calories provide a measure of how much energy you get from a serving of this food
- The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain)



Portion Size vs. Serving Size

- Serving sizes are smaller than you think:
  - 1 medium-sized fruit (apple, orance)
  - 1/2cup raw, cooked, canned or frozen fruits/vegetables
  - 1/2cup cut up fruit
  - 1 cup raw leafy greens (spinach, lettuce)
  - ½ cup cooked or canned legumes



http://www.webmd.com/diet/healthtool-portion-size-plate

WebMD Portion Size Guide

BASIC GUIDELINES

1 cup = baseball 

½ cup = lightbulb 

1 oz or 2 tbsp = golf ball 

1 tbsp = poker chip 

3 oz chicken or meat = deck of cards 

3 oz fish = checkbook 

GRAINS

1 cup of cereal flakes = baseball

1 pancake = compact disc

½ cup cooked rice = lightbulb

½ cup cooked pasta = lightbulb

1 slice bread = cassette tape

1 bagel = 6 oz can of tuna

3 cups popcorn = 3 baseballs

DAIRY & CHEESE

1 ½ oz cheese = 3 stacked dice

1 cup yogurt = baseball

½ cup of frozen yogurt = lightbulb

½ cup of ice cream= lightbulb

FATS & OILS

1 tbsp butter or spread = poker chip

1 tbsp salad dressing = poker chip

1 tbsp mayonnaise = poker chip

1 tbsp oil = poker chip

WebMD Portion Size Guide

FRUITS & VEGETABLES

1 medium fruit = baseball

½ cup grapes = about 16 grapes

1 cup strawberries = about 12 berries

1 cup of salad greens = baseball

1 cup carrots = about 12 baby carrots

1 cup cooked vegetables = baseball

1 baked potato = computer mouse

MEATS, FISH & NUTS

3 oz lean meat = deck of cards

3 oz fish = checkbook

3 oz tofu = deck of cards

2 tbsp peanut butter = golf ball

2 tbsp hummus = golf ball

¼ cup almonds = 23 almonds

¼ cup pistachios = 24 pistachios

MIXED DISHES

1 hamburger (without bun) = deck of cards

1 cup fries = about 10 fries

4 oz nachos = about 7 chips

3 oz meatloaf = deck of cards

1 cup chili = baseball

1 sub sandwich = about 6 inches

1 burrito = about 6 inches

Nutrition Information

- Good resources
  - Nutrition.gov
  - Eatright.org

- Use the great tools that are available to you!
  - Tip sheets/handouts from Body and Soul
  - Nutrition labels
  - Ingredient labels
  - **ChooseMyPlate**

ChooseMyPlate

- Balancing Calories
  - Enjoy your food, but eat less
  - Avoid oversized portions
- Foods to Increase
  - Make at least half your grains whole grains
  - Switch to fat-free or low-fat (1%) milk
- Foods to Reduce
  - Compare sodium in foods like soup, bread, and frozen meals- and choose the foods with lower numbers
  - Drink water instead of sugary drinks

Why Fruits & Veggies?

- Contain vitamins, minerals, fiber, other nutrients
- Protect from chronic diseases like stroke, heart disease, cancers
- Low in calorie, high in nutrients

→**NUTRIENT DENSE versus CALORIE DENSE**

Important Nutrients

Potassium

- Help maintain healthy blood pressure
- Sweet potatoes, tomato paste, tomato puree, beet greens, potatoes, white beans, lima beans, cooked greens

Vitamin A and C

- Keep eyes and skin healthy
- Heal cuts and wounds; keep teeth and gums healthy
- Pumpkin, carrots, spinach, kale, winter squash, cantaloupe, red and green peppers, strawberries, sweet potato, oranges, mangoes, broccoli, pineapple, tomato juice, cauliflower

Important Nutrients

Fiber

- Decreased risk of heart disease and cancer
- Beans (navy, kidney, black, pinto, lima, soy), chick peas, lentils, artichokes

Folate

- Reduced risk of child with brain or spinal cord defect
- Black eyed peas, spinach, great northern beans, asparagus

Nutrients and Colors

- Red
  - Many red fruits and vegetables are rich in vitamin C and folic acid
  - Also have phytochemical lycopene (most potent when cooked)
- Deep Yellow and Orange
  - Most yellow and orange fruits and vegetables contain vitamin C
  - Some are high in fiber (corn and pears)
  - High in folic acid (cantaloupe and oranges)
  - High in vitamin A/beta-carotene (apricot, mango, carrot)

Nutrients and Colors

- Green
  - High in vitamin A, vitamin C, folic acid and fiber
  - Some also high in calcium (collard greens)
  - Contain many phytonutrients

- Purple and Blue
  - High in antioxidants, vitamin C

- White/Tan/Brown
  - High in phytonutrients, potassium

Why not just take a vitamin?

- You can get the vitamins and minerals from fruits and veggies in a pill
- BUT not other beneficial substances
  - Many that we may not even know of yet

- Most intervention research shows no effect of nutrients when given as supplement
  - Example-Antioxidants show no cancer prevention
- Some even have negative results
  - Example-Beta carotene, lung cancer and smokers
- Not regulated by the government
- Best to get variety of nutrients from foods

Who should take supplements?

- *People over age 50*
  - Consume vitamin B_{12} (fortified foods or supplements).
- *Women of childbearing age who may become pregnant*
  - Eat foods high in iron and/or consume iron-rich plant foods or iron-fortified foods
- *Women of childbearing age who may become pregnant and those in the first trimester of pregnancy*
  - Consume adequate synthetic folic acid daily (from supplements) in addition to food forms of folate from a varied diet
- *Older adults, people with dark skin, and people exposed to insufficient ultraviolet band radiation (i.e., sunlight)*
  - Consume extra vitamin D from vitamin D-fortified foods and/or supplements

How Much

- Dietary Guidelines list amounts to eat as ‘cups’ rather than ‘servings’
  - About 5 cups per day
- How many fruits and vegetables should be eaten daily for good health?
  - Varies!
  - “More Matters”

1 cup

1 small apple

1 large banana

1 medium grapefruit

1 large orange

1 medium pear

1 small wedge watermelon

2 large or 3 medium plums

8 large strawberries

1 large bell pepper

1 medium potato

2 large stalks of celery

1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens)

12 baby carrots
(or 2 medium carrots)

1 large sweet potato

1 large ear of corn

½ cup

1 snack container of applesauce (4oz)

16 grapes

1 medium cantaloupe wedge

1/2 medium grapefruit

4 large strawberries

5 broccoli florets

6 baby carrots

1 large plum

1 small box (1/4 cup) of raisins

Local? Organic? Natural? Pre-Packaged?

- **Your choice!**
- Convenience
- Environmental impact
- Cost

http://www.state.nj.us/jerseyfresh/searches/urban.htm

Fresh? Frozen? Canned?

- Frozen are flash-frozen at peak of freshness
  - Nutrients the same as fresh
  - Avoid sauces
- Canned can be as good as frozen/fresh
  - EXCEPT when syrups or salts added
  - Drain, rinse

Light Syrup

No Sugar Added

100% Juice

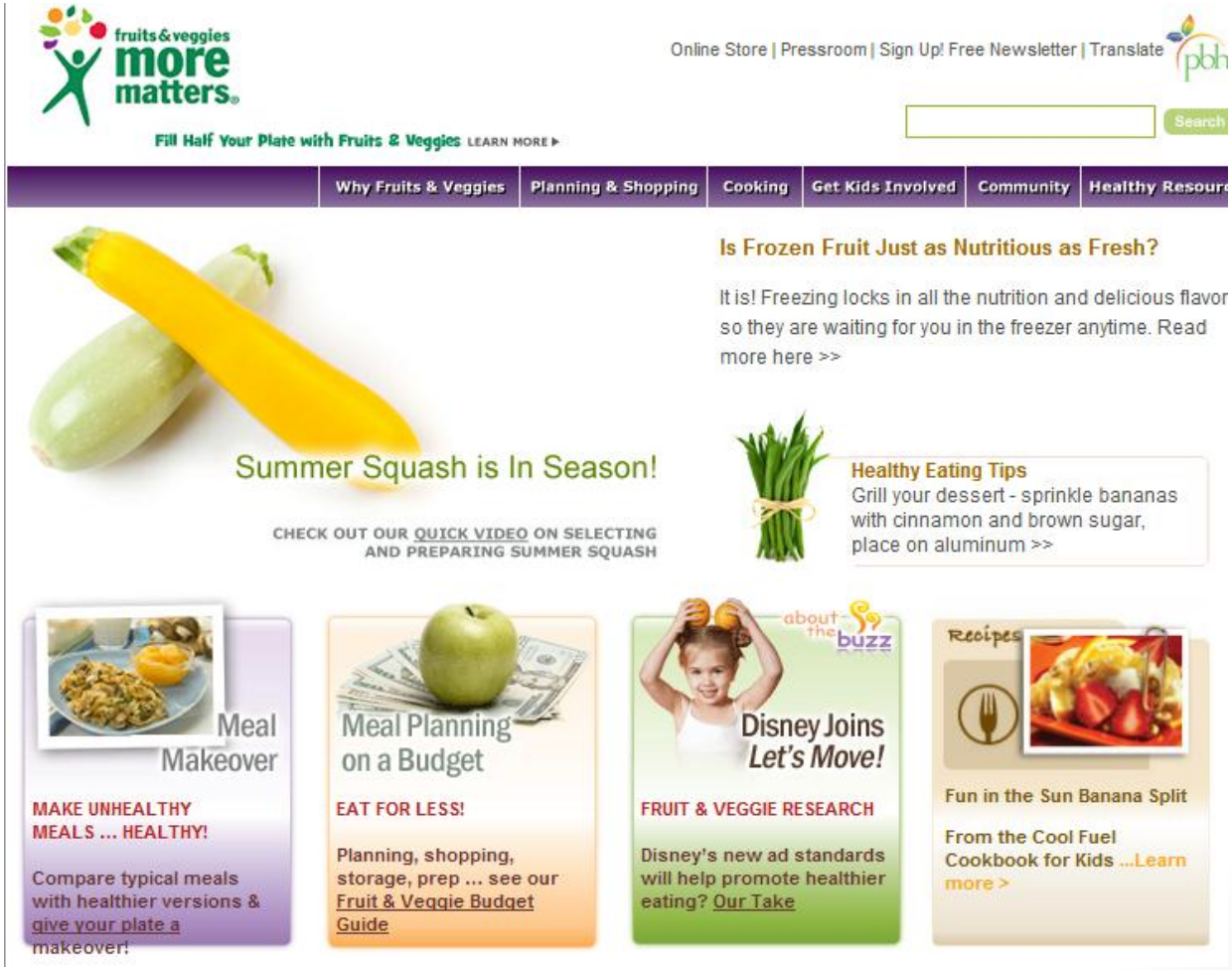
Gel/Lite

How to Fit it into your diet!

- Add fruit to cereal or oatmeal
  - Berries, peaches, apples, bananas
- Mini carrots or dried fruit as snack
- Add steamed veggies as side dish to pre-packaged meals
- Add frozen veggies to canned soups
- Add fresh veggies to a frozen pizza
- Add tomatoes or zucchini to pasta dishes
- Roast veggies for a quick side dish
- Other ideas?

Resources

http://www.fruitsandveggiesmorematters.org/



Fruits and Veggies on a Budget

- Frozen, canned and dried may be less expensive
- Buy seasonally
  - Example: $6 strawberries versus $3 strawberries
- Meatless days
- Coupons (canned, frozen)
- Sales

WASHINGTON -- Is it really more expensive to eat healthy?

An Agriculture Department study released Wednesday found that most fruits, vegetables and other healthy foods cost less than foods high in fat, sugar and salt.

That counters a common perception among some consumers that it's cheaper to eat junk food than a nutritionally balanced meal.

The government says it all depends on how you measure the price. If you compare the price per calorie – as some previous researchers have done – then higher-calorie pastries and processed snacks might seem like a bargain compared with fruits and vegetables.

But comparing the cost of foods by weight or portion size shows that grains, vegetables, fruit and dairy foods are less expensive than most meats or foods high in saturated fat, added sugars or salt.

That means bananas, carrots, lettuce and pinto beans are all less expensive per portion than French fries, soft drinks, ice cream or ground beef.

"Using price per calorie doesn't tell you how much food you're going to get or how full you are going to feel," said Andrea Carlson, scientist at the USDA's Economic Research Service and an author of the study.

For example, eating a chocolate glazed donut with 240 calories might not satiate you but a banana with 105 calories just might.

	1 cup	1/2 cup
MORNING	 1 small apple	 1 small banana
MID-DAY	 1 cup of lettuce* and 1/2 cup of other vegetables	 6 baby carrots
EVENING	 1/2 large sweet potato and 1/2 cup of green beans	 16 grapes

*1 cup of lettuce counts as 1/2 cup of vegetables

PLAN PLAN PLAN

- Taking the time to plan your food choices ahead of time is the key!
- Keep them around your house
- Make time for it
  - Cook on weekends and eat leftovers
  - Make lunches and snacks the night before

Questions?