



Eat a Rainbow of Colorful Fruits and Vegetables

Did you know that one simple dietary change can save lives and medical costs? The change: Add more colorful fruits and vegetables to your plate.

According to the American Heart Association, this change could save nearly 40,000 lives and \$7.6 billion in medical costs every year in the U.S. Choose from the rainbow of colorful fruits and vegetables, including red, orange, yellow, green, blue, purple/blue and white ones.

Fill Half Your Plate With Fruits and Vegetables

We all should try to fill half of our plates with fruits and vegetables.

Aim for four to five servings per day. (That's about 4 to 5 cups.)

Try these ideas to add more fruits and vegetables throughout your day.



See www.ag.ndsu.edu/foodwise for more information.

Breakfast

- Top your cereal with bananas or fresh or dried berries.
- Make a smoothie with frozen, canned or fresh fruits. Add yogurt or juice and blend.
- Make some pumpkin bread or muffins to enjoy.
- Add chopped veggies (peppers, onions, spinach) to your omelet or scrambled eggs.

• *Your idea:* _____

Lunch

- Pack a whole piece of fruit (apple, orange, plum, pear, etc.) to enjoy with your lunch. Rinse it in water at home before you leave.
- Have vegetable soup for lunch. If you make it at home, store it in a thermos to keep it warm.
- Add veggies, such as spinach, cucumber slices or tomato slices, to your sandwich.

• *Your idea:* _____

Snacks

- Keep a bowl of fresh, whole fruit on your counter so the fruit is easy to grab.
- Have cut-up fruit such as cantaloupe or watermelon in containers in your fridge where they are easy to see.
- Keep some dried fruit such as raisins or dried cranberries in a plastic bag for quick snacks.
- Try freezing red or green grapes as a sweet treat.

• *Your idea:* _____

Dinner

- Have steamed vegetables as a side dish.
- Add extra veggies to soups or casseroles. Add shredded carrots to chili. Try adding some frozen veggies such as peas during the last few minutes of cooking brown rice.
- Enjoy fresh or canned fruit as your dessert. Try sprinkling apple slices with cinnamon to enhance their natural sweetness.

• *Your idea:* _____

I feel like I can't afford lots of fruits and vegetables for my family, even though they like them. Do you have any tips for me?

- Remember that any form of fruits and vegetables "counts" toward the daily goal. Compare the prices from fresh, canned and frozen. If you buy canned items, choose fruit canned in 100 percent fruit juice and vegetables with "low sodium" or "no salt added" on the label.
- Check your grocery store circular for the items "on sale." Plan your fruit and vegetable menu ideas based on the sales fliers.
- Buy "in season." Apples, pears, pumpkins, sweet potatoes and winter squash are among the fruits and vegetables in season in the fall.
- If you find yourself throwing away spoiled fresh fruits or vegetables, be sure to buy what you will use within a short amount of time. Some fruit and veggies, such as berries and leafy greens, spoil quickly. Others, such as carrots and apples, can last more than a week if stored properly.
- Use leftover produce in other recipes or preserve them at home. Visit www.ag.ndsu.edu/food and click on "Food Preservation" for more information.

FoodWi\$e Tip of the Month

Sometimes, a recipe calls for less than a can of food. For example, if you have extra canned pumpkin that you won't use within a few days, freeze it in recipe-sized amounts in small freezer containers or freezer bags.

You can add pumpkin to your morning oatmeal, a smoothie or chili. Use it in quick breads, muffins or cookies.



One serving of this dip provides half of your daily recommendation for vitamin A, which is necessary for good skin and eye health. Serve with crunchy apples for a seasonal treat.

Pumpkin Pie Dip

- 1 (8-ounce) package low-fat cream cheese (softened)
- ¾ c. canned pumpkin (unsweetened)
- 3 Tbsp. sugar
- 1 tsp. pumpkin pie spice



Mix all ingredients together in a mixing bowl with a spoon or spatula. Serve with apple slices or graham crackers.

Makes 12 servings.

Each serving has 60 calories, 3 grams (g) fat, 2 g protein, 6 g carbohydrate and 70 milligrams sodium.



Just for Fun

How do you fix a broken jack-o-lantern?

With a pumpkin patch!

Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the NDSU Extension Service for more information on food and nutrition or managing your food dollar.

