

# Nutrition Connection

The latest news and events from the Kendall Anderson Nutrition Center at Colorado State University

## June is Fresh Fruit & Vegetable Month!

### Why Fruits and Vegetables?

These inspiring foods:

- ◆ Are full of vitamins and minerals to help you feel healthy and energized
- ◆ Have fiber, which fills you up and helps your digestion
- ◆ Reduce disease risk, such as heart disease, diabetes, high blood pressure, and cancer
- ◆ Are nature's convenience food - easy to prepare and eat
- ◆ Add variety and color to your plate



### How many Fruits and Vegetables?

Maybe you've heard all the reasons before, but Americans are still not eating enough fruits and vegetables. Here is what to aim for:

1 ½ to 2 cups of fruit per day

- ◆ This is about 3 servings of fruit daily
- ◆ Try ½ cup blueberries with breakfast, 1 peach at lunch, and ½ cup strawberries in the evening

2 to 3 cups of vegetables per day

- ◆ This is about 3 servings of vegetables per day
- ◆ Try ½ cup spinach scrambled with an egg for breakfast, ½ cup carrot and pepper slices in the afternoon, and 1 to 2 cups of colorful mixed green salad (with dark lettuce, cucumbers, tomatoes, and more) with dinner.

For information and ideas on selecting and storing fresh fruits and vegetables, visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

For information on nutrition, growing, and safe handling of fresh produce, visit [www.farmtotable.colostate.edu](http://www.farmtotable.colostate.edu)

### CHOOSEMYPLATE IS 3 YEARS OLD THIS MONTH!

- ChooseMyPlate replaced the Food Guide Pyramid in June 2011, and provides bushels of ideas for eating well. Did you know you can find recipes, meal plans, a dietary tracker, advice for weight management, and guidelines for physical activity all in one place? Visit [www.choosemyplate.gov](http://www.choosemyplate.gov)
- See the Food Groups in a whole new light with tips on health benefits of each group, how much to eat, what counts as a serving, and more. Check out [www.choosemyplate.gov/food-groups/](http://www.choosemyplate.gov/food-groups/)
- The 10 Tips Nutrition Education Series provides smart, practical advice on topics such as “Add More Vegetables to Your Day”, “Focus On Fruits”, and “Kid-Friendly Veggies and Fruits” (which works for spouses, too).



### FARMERS' MARKETS

- Have you visited a farmers' market lately? The United States Department of Agriculture can help you find the nearest farmers' market! Visit <http://search.ams.usda.gov/farmersmarkets/>
- Stayed tuned for next month's tips on making the most of your farmers' market visits!

### TOSS A SIMPLE BUT HEARTY SALAD

1. Combine washed salad greens, chopped red cabbage, fresh basil or cilantro, and a variety of sliced vegetables such as tomatoes, bell peppers, snow peas, carrots, onions, cucumbers, and more.
2. Top with your favorite protein, such as grilled steak, rotisserie chicken, cooked shrimp, garbanzo beans, tempeh, walnuts or edamame.
3. Toss with a light dressing or a simple vinaigrette of olive oil, balsamic vinegar, salt and pepper.

For more recipes, visit our website at [www.nutritioncenter.colostate.edu](http://www.nutritioncenter.colostate.edu).



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