

WITH THIS MUCH VARIETY, THERE'S NO EXCUSE!

GET ON THE PRODUCE WAGON!

Apples Apricots Artichokes Asparagus Avocados Bananas Beets Blackberries Blueberries Bok Choy Broccoli Brussels  
Sprouts Butternut Squash Cantaloupe Carrots Chinese Cabbage Clemintine Oranges Cranberries Cucumber Dates Dew  
Berries Durian Eggplant Endive Figs Garlic Ginger Grapes Green Beans Grapefruit Green Cabbage Green Onion Green  
Pepper Honeydew Mellon Imbe Jicama Kale Kiwi Leeks Lemons Limes Mandarin Oranges Mangos Mushrooms Mustard  
Greens Nectarines Onions Okra Olives Oranges Papayas Parsnips Peaches Pears Peas Pineapple Pink Grapefruit Plantain  
Plums Potatoes Pumpkin Quince Raisins Raspberries Red Cabbage Red Pepper Rhubarb Rutabaga Shallots Snap Peas  
Snow Peas Spinach Strawberries Summer Squash Sweet Corn Sweet Potatoes Tangerines Tomatoes Tomitilla Turnips Ugli  
Vi Watermelon Winter Squash Yams Zucchini

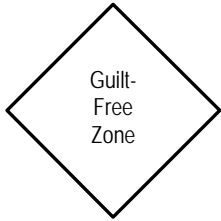


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**PRODUCE: THE ORIGINAL GUILT-FREE ZONE**



## SERVING SIZES FOR MOST FRUITS AND VEGETABLES

1 cup of raw leafy greens  
½ cup (cooked or cut, fresh produce)  
6 oz of 100% fruit or vegetable juice

¼ cup of dried fruits  
1 medium sized whole fruit



A baseball ≈ 1 cup



½ cup fits in the palm of your hand

## TIPS FOR GETTING MORE PRODUCE IN YOUR DAY

**Start your day:** Fruit smoothie ◇ Fruit or vegetable juice ◇ Banana, strawberries, melon, or peaches as a side dish ◇ Omelet with onion, green pepper, mushrooms, and salsa ◇ Whole grain cereal with dried fruit (raisins, dates, etc) ◇ Toast or pancakes with fresh or canned fruit (in natural juices) on top

**Lunch or dinner:** Green salad with added vegetables ◇ Steamed or raw vegetable side dish ◇ Vegetable-based soup ◇ Vegetable-based entrée such as eggplant or zucchini Parmesan ◇ Add a favorite vegetable to a casserole or macaroni and cheese ◇ Add chopped spinach (fresh or frozen) to meatloaf, lasagna, soups or stews ◇ Include a piece of fruit or a half-cup of cut fruit as a side dish

**Snacks:** Fruit smoothie ◇ Dried fruit ◇ Keep a bowl of fresh fruit on the counter or on your desk ◇ Fresh vegetables in 'snack' ready packs (carrots, celery, broccoli, or cauliflower) ◇ Dip tortilla chips in chunky salsa or a corn and bean salsa ◇ Frozen fruits (try grapes in the freezer)