



Enjoy Fruits and Vegetables

How many fruits and vegetables do you need each day?*

	Fruits	Vegetables
Children 2 to 3 years	1 cup	1 cup
Children 4 to 8 years	1 to 1½ cups	1½ cups
Children 9 to 13 years	1½ cups	2 to 2½ cups
Adults and Children 14 years & older	1½ to 2 cups	2½ to 3 cups

*These amounts will vary depending on your age, gender, height, weight, and activity level.

Go to www.ChooseMyPlate.gov to find out about your individual needs.

What counts as 1 cup of fruit?

- 1 cup fruit
- ½ cup dried fruit
- 1 cup fruit juice

What counts as 1 cup of vegetables?

- 1 cup raw or cooked vegetables
- 2 cups leafy salad greens
- 1 cup vegetable juice

Fruits and vegetables:

- ◆ are tasty, crispy, juicy, and flavorful.
- ◆ are the original fast food.
- ◆ are generally low in calories and fat.
- ◆ are a good source of vitamins, minerals, and fiber.
- ◆ may lower your chance of getting heart disease and some cancers.

Encourage your family to eat plenty of fruits and vegetables every day:

- ◆ Buy a variety of fruits and vegetables—fresh, frozen, canned, and dried.
- ◆ Visit a **Farmers' Market** to buy locally grown fresh fruits and vegetables.
- ◆ While shopping, let your child pick out a favorite vegetable or fruit or choose a new one to try!
- ◆ Keep a bowl of washed and ready-to-eat fruit in the refrigerator. Offer at snacktime or as a dessert.
- ◆ Cut up carrots, celery, radishes, cucumbers, green beans, or summer squash and store in the refrigerator. These raw vegetables can be served as quick snacks—plain or with low fat dip.
- ◆ Add some fresh, canned, or frozen vegetables to soups, sauces, and casseroles.
- ◆ Cook vegetables easily and quickly in a microwave oven. Wash, peel, slice, trim, or dice raw vegetables. Place them in a microwave-safe container. Add a small amount of water, cover, and microwave. Delicious vegetables will be ready to serve in just a few minutes. Check microwave instructions or recipe for how long to cook.
- ◆ **Most of your fruit should be whole fruit, not juice.** Limit fruit juice to 1 cup per day for adults and children 7 years and older. Children 1 to 6 years of age should be limited to 4 to 6 oz fruit juice per day. Fruit juice is not recommended for babies under 12 months of age.

To help prevent choking in children under age 4 years: Cook, shred, or cut fruits and vegetables into small pieces—not in round, coin-shaped slices. Remove seeds, pits, and tough skins.

Greens and Black Bean Enchiladas

- 1 pound (about 8 cups) fresh greens, washed and stemmed or frozen chopped greens or spinach
- 1 15-oz can or 2 cups cooked black beans, drained and rinsed
- ½ cup salsa
- ¼ teaspoon chili powder
- 6 corn or flour tortillas
- ½ cup sour cream*
- 4 ounces shredded Monterey Jack cheese
- 2 tomatoes, diced
- 2 green onions, thinly sliced (optional)

Cook greens until tender. Drain greens well in a strainer. Press out as much liquid as possible. Chop greens, if necessary. In a medium bowl, combine greens, black beans, salsa, and chili powder. Spoon the mixture down the middle of each of the 6 tortillas. Roll the tortilla; place seam side down in a non-stick baking pan. Bake enchiladas uncovered at 400° for 15 minutes. Spread sour cream over enchiladas. Top with cheese, tomatoes, and green onions and bake for 5 minutes.

Makes 6 enchiladas

*Use fat free or light sour cream for fewer calories and fat.

Calico Stuffing

- 4 cups diced yellow or green summer squash
- 2 cups shredded carrots
- ½ cup chopped onion
- 7-oz bread or cornbread dry stuffing mix
- 1 10-oz can cream of mushroom or cream of celery soup*
- ½ cup Cheddar cheese, grated

Combine all ingredients, place in greased casserole dish, cover, and bake at 350° for 30 to 40 minutes.

Serves 6 *Use reduced fat soup for fewer calories and fat.

Storage and Preparation of Fresh Florida Produce

Type of Fresh Produce	How to Store	How Long to Keep	How to Prepare
Green Beans	Keep in moisture-proof wrap in the refrigerator.	3 to 5 days	Snap off ends. Leave whole or snap into bite-sized pieces.
Sweet Corn	Refrigerate in husks or in moisture-proof wrap.	1 to 2 days	Just before cooking, remove husks and silk.
Eggplant	Keep in moisture-proof wrap in the refrigerator.	1 week	Cut into slices or chunks just before cooking. Fresh eggplant can be eaten with skin.
Greens	Keep in moisture-proof wrap in the refrigerator.	3 to 5 days	While washing in cold water, lift greens out of water so dirt can settle to bottom of pan. Drain well. Trim off tough stems.
Onions	Keep at room temperature in a dry place, away from the sun.	2 weeks	Remove skin. Cut into slices or dice as needed for recipe.
Melons	Keep at room temperature until ripe, then refrigerate. Keep cut melons well wrapped and refrigerated.	1 week	Watermelon: Slice and serve. Other melons: Cut in half, scoop out seeds. Serve in slices, wedges, or cubes.
Potatoes	Keep in a dark, cool, dry place.	2 weeks	Use with or without peeling.
Summer Squash	Refrigerate in moisture-proof wrap.	3 to 5 days	Trim both ends. Slice or cut into pieces for eating raw or cooked.
Tomatoes	Keep unripe tomatoes at room temperature until they ripen. Flavor is best at room temperature.	3 to 5 days	Slice, chop, or cut into wedges.

Country Cobbler

4 cups sliced fresh or canned fruit (drained) such as peaches, apples, etc.
 ½ teaspoon cinnamon
 2 tablespoons sugar, divided
 1 cup baking mix* (such as Bisquick®)
 ⅓ cup milk*
 1 tablespoon brown sugar
 8 oz vanilla yogurt (optional)

Place fruit in a microwave-safe bowl. Sprinkle with cinnamon and 1 tablespoon sugar. Microwave on HIGH for 4 minutes. Combine remaining 1 tablespoon sugar, baking mix, and milk in a medium bowl. Stir until ingredients are moistened. Drop small spoonfuls of dough over fruit. Spread out dough slightly. Sprinkle top with brown sugar. Bake at 425° for 12 to 15 minutes. Top with yogurt if desired. Serves 6

*Use reduced fat baking mix and lowfat (1%) or fat free milk for fewer calories and fat.

New Potato Salad

1 pound red (new) potatoes
 2 celery stalks, chopped
 2 boiled eggs, peeled and chopped
 ¼ onion, chopped or ½ teaspoon onion powder
 ½ red or green bell pepper, chopped (optional)

Dressing

½ cup mayonnaise*
 1 tablespoon vinegar
 ¼ teaspoon each black pepper and garlic powder

Boil potatoes, leaving skins on. Cover pan. Cook until tender, about 30 minutes. Drain immediately. Cool. Cut into cubes. Add celery, onions, egg, and bell pepper. In another bowl, mix together dressing ingredients and add to potato mixture. Cover and refrigerate for at least 2 hours before serving. Serves 4

*Use light mayonnaise for fewer calories and fat.