

You do not have to buy fresh fruits and vegetables.

Try frozen or canned fruits and vegetables too!

- Fruits and vegetables are picked at the peak of the season and then immediately canned or frozen, which preserves their nutritional value.
- Canned and frozen items are easy to store and are already washed and cut.
- They often cost less than fresh fruit and vegetables.
- Choose canned vegetables that have no salt added and season to taste.
- Choose fruit packed in their own juice, not in syrup.



HealthiestWeight



Learn more at:
www.5210Jax.org

This brochure is adapted from Let's Go! Materials.

www.letsgo.org

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Eat five or more fruits and vegetables every day!



The Healthiest Way to Go!

Jacksonville

Did you know?

Fruits and vegetables...

- are natural sources of energy.
- provide vitamins and minerals which are important for your child's growth and development.
- support your body's immune function.
- help the digestive system work properly.
- can help prevent obesity.

Serving Sizes

Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or vegetables
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

Kids

- An amount equal to the size of the palm of their hand



You can shop for healthy foods on any budget!

Healthy shopping on a budget takes a little planning, but saves time and money!

Try frozen and canned fruits and vegetables. Look for items with no added sugar or salt. Choose fruits canned in 100% fruit juice.

Shop in season. Buying fruits and vegetables in season generally means the food will taste better, be more affordable, and be more nutritious.

Make a list and stick to it. Enter the store and buy only what you need. You will save time and money.

Look for specials. Choose items that are on sale or "BOGO." Use coupons for items that you frequently buy.



Healthy Tips!

Be a role model. Include at least one fruit or vegetable on your plate at each meal and snack.

Take children grocery shopping. Let them see, smell, and feel fruits and vegetables to become familiar with them.

Make half of your meal or snack fruits and vegetables.

Offer "new" foods again and again.

Children may need to taste a food 20 times before they will like it.

Wash and chop up fruits and vegetables after you buy them so they are ready to grab and eat.

Avoid frying foods. Steam, bake, or stir-fry vegetables for tasty meals and snacks.