

Healthy Eating Starts Here: Steps to a Healthier You

Eat More Vegetables and Fruit

Developed by Registered Dietitians

Nutrition Services

Alberta Health Services

2014



Objectives

By the end of this presentation, you will be able to:

1. List three benefits of increasing your intake of Vegetables and Fruit.
2. List three places to obtain Vegetables and Fruit other than the grocery store.
3. Demonstrate strategies on how to eat 7-10 servings of Vegetables and Fruit per day.

Overview

- Why eat more vegetables and fruit?
- What is a serving of vegetables and fruit?
- How to include more vegetables and fruit each day
- Budget-wise vegetables and fruit



Overview

- Vegetables and fruit beyond the grocery store
- Time saving tips
- Make vegetables and fruit the easy choice
- Where to get more information



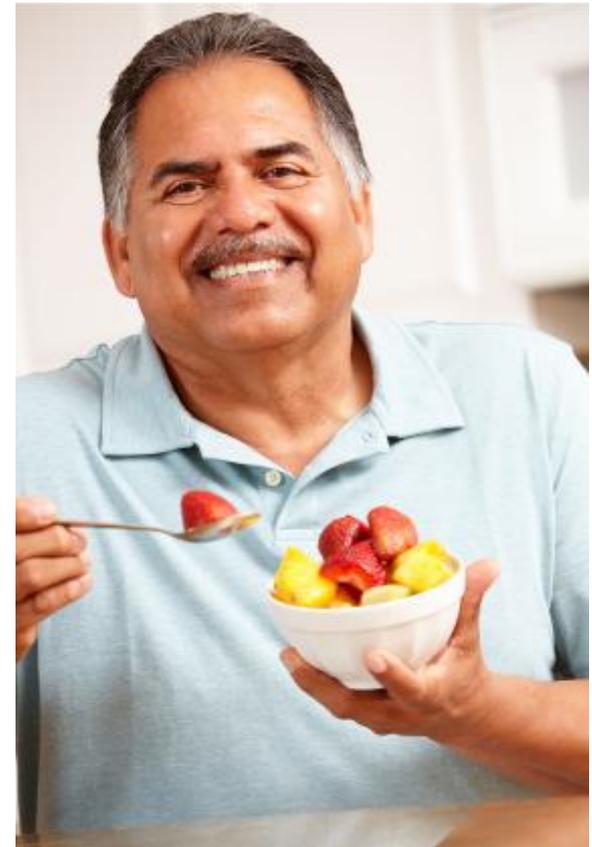
Why Eat More Vegetables and Fruit?

- Reduces risk of some chronic diseases
- Lowers blood pressure and blood cholesterol
- Helps us maintain a healthy weight



Why Eat More Vegetables and Fruit?

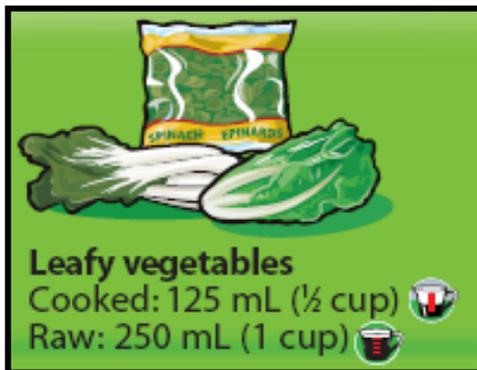
- Provides special protective compounds, vitamins, minerals and fibre
- Supplies vitamin C for wound healing, fighting infection and for healthy gums



Eating Well with Canada's Food Guide

Vegetables and Fruit: 7-10 servings daily for Adults

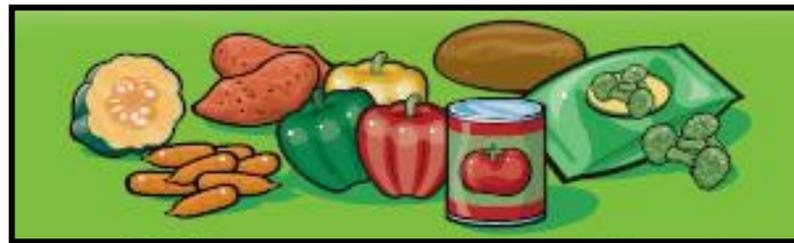
- **Main Nutrients:** fibre, folate, potassium, iron, vitamins A, B6, and C



Vegetables and Fruit

What is a serving?

- $\frac{1}{2}$ cup of fresh, frozen or canned vegetables or fruit
- 1 cup of raw leafy vegetables
- 1 medium sized whole piece of fresh fruit
- $\frac{1}{4}$ cup dried fruit
- $\frac{1}{2}$ cup 100% juice



How Can We Get 7-10 Servings Daily?

- Have 2 or more servings at each meal and snack
- Fill half your plate with vegetables



How Can We Get 7-10 Servings Daily?

- Keep a colourful fruit bowl on the table
- Slice your favourite fruit for dessert
- Pack vegetables and fruit for lunch



How Can We Get 7-10 Servings Daily?

- Add fruit to breakfast cereal, oatmeal, muffins and pancakes



How Can We Get 7-10 Servings Daily?

- Double up the vegetables in casseroles, soups, stews and sauces



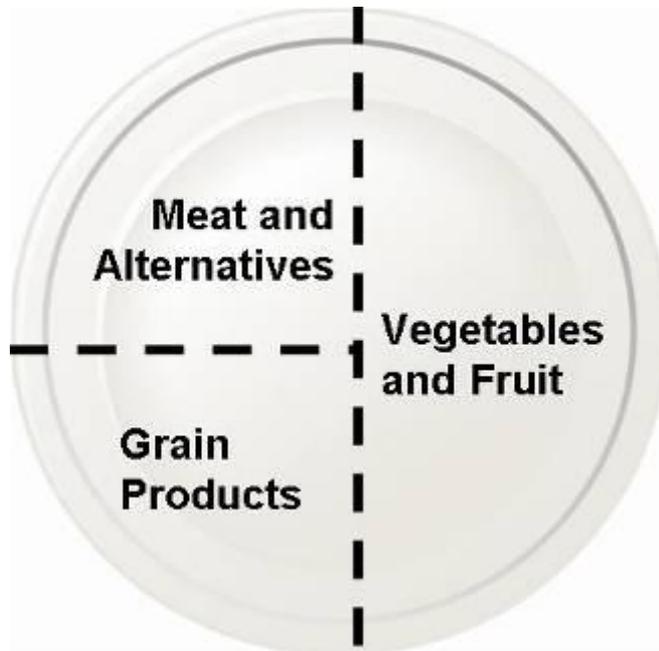
How Can We Get 7-10 Servings Daily?

- Add pureed or grated vegetables to sauces, soups, casseroles and dips



The Healthy Plate

Plan a healthy plate - fill half your plate with vegetables and fruit and fruit



What Keeps Us From Getting Enough?

What are your barriers to eating more Vegetables and Fruit?

- Vegetables and fruit are expensive...
- I prefer fresh vegetables and fruit...
- Vegetables and fruit spoil too quickly...
- They take too long to prepare...
- Vitamins are lost when I cook vegetables...

What Keeps Us From Getting Enough?

Barrier: Vegetables and fruit are expensive...

Try these easy-on-the-budget ideas:

- Buy in-season fresh, flavourful vegetables and fruit
- Try frozen or canned vegetables and fruit year round
- Shop around for the best buy



What Keeps Us From Getting Enough?

Barrier: I prefer fresh vegetables and fruit ...

Look beyond the grocery store:

- Grow vegetables in a pot or garden
- Plant fruit trees and bushes in the yard
- Can or freeze fresh vegetables and fruit to use later



What Keeps Us From Getting Enough?

Barrier: I prefer fresh vegetables and fruit ...

Look beyond the grocery store:

Try some local resources:

- Good Food Box program
- Food Co-op
- Community garden
- Fruit rescue



What Keeps Us From Getting Enough?

Barrier: Vegetables and fruit spoil too quickly...

Try these tips to avoid waste:

- Keep vegetables and fruit in a clear sealed bag or container in sight on fridge shelf
- Wash, slice and store enough vegetables for 3-4 days
- Buy fully and partly ripe fruit at the same time



What Keeps Us From Getting Enough?

Barrier: Vegetables and fruit spoil too quickly...

Try these tips to avoid waste:

- Buy just the amount of fresh produce you need
- Keep dried fruit on hand for snacking or recipes
- Buy frozen and canned vegetables and fruit



What Keeps Us From Getting Enough?

Tips for using canned and frozen vegetables and fruit:

Require little or no preparation

- Ready to add to recipes
- Canned vegetables are cooked and just need heating
- Frozen vegetables are ready to cook



What Keeps Us From Getting Enough?

Tips for using canned and frozen vegetables and fruit:

Canned fruit:

- Select canned fruit packed in juice for less sugar
- If canned fruit is packed in a sugary syrup, rinse before using



What Keeps Us From Getting Enough?

Tips for using canned and frozen vegetables and fruit:

Canned vegetables:

- Choose vegetables canned without added salt
- Rinse canned vegetables under cold running water to lower the sodium content before heating



What Keeps Us From Getting Enough?

Barrier: Takes too long to prepare...

Try these time-saving tips:

- Buy prewashed bags of salads, spinach or baby carrots
- Keep washed, sliced vegetables in the fridge
- Make a large salad to last a few days



What Keeps Us From Getting Enough?

Barrier: Takes too long to prepare...

Try these time-saving tips:

- Try chopped ginger and garlic from a jar for cooking
- Mix chopped fruit for a basic fruit salad
- Frozen and canned vegetables and fruit are quick and easy



What Keeps Us From Getting Enough?

Barrier: Takes too long to prepare...

Try these time-saving tips:

- Use a chopper to cut up large amounts of carrots, onions, celery, zucchini for soups, stews and casseroles
- Keep a bowl of cut up fresh fruit mixed with canned fruit for a quick dessert, snack or to pack in lunches



What Keeps Us From Getting Enough?

Barrier: Takes too long to prepare...

Try these time-saving tips:

- Cook extra vegetables and refrigerate for the next meal
- Puree cooked vegetables, freeze to add to soups and sauces
 - Try cauliflower, green beans, peas, carrots
- Roast a whole pan of vegetables for several meals



What Keeps Us From Getting Enough?

Barrier: Vitamins are lost when I cook vegetables...

Limit vitamin loss with these tips:

- Cook vegetables to tender crisp
- Cut vegetables into larger chunks
- Use as little water as possible



What Keeps Us From Getting Enough?

Barrier: Vitamins are lost when I cook vegetables...

Limit vitamin loss with these tips:

- Cook in a covered pot to shorten cooking time
- Steam, microwave, and roast vegetables to preserve nutrients
- Use vegetable cooking water in soups, stews, sauces and casseroles



Setting SMART Goals

- **Specific**: I will eat one serving of fruit at breakfast.
- **Measurable**: I will mark down the days that I eat a fruit at breakfast this week.
- **Attainable**: I will buy some oranges and strawberries for breakfast this week.
- **Rewarding**: Adding fruit to my breakfast is delicious and good for me too.
- **Timely**: I will follow my plan for breakfast this week and review how it went.

Choose to:

Make the Healthy Choice the Easy Choice

- Stock a variety of vegetables and fruit
- Cut vegetables into fun shapes
- Try homemade salad dressings
- Limit the competition!
 - buy fewer packaged snacks



Choose to:

Make the Healthy Choice the Easy Choice

- Get the family involved in planning and making meals
- Check for sources of fresh local produce
- Pick or grow your own fresh produce as a family activity



Summary

- Eating a variety of vegetables and fruit is tasty and fun
- Eating more vegetables and fruit reduces my risk for some chronic diseases
- Colour my plate with vegetables and fruit every day
- Keep cost down with seasonal, local fresh produce
- Choose fresh, frozen or canned vegetables and fruit
- Take time to set **SMART** goals



Resources

Tasty vegetable and fruit recipes online:

- Mix it Up!

<http://www.fruitsandveggies.ca/>

- Fresh, Canned, Frozen Veggies & Fruit, Goodness in Many Ways

<http://freshcannedfrozen.com/index.php/recipes/>

Home canning recipes:

- ATCO Blue Flame Kitchen

www.atcoblueflamekitchen.com

For More Information



HealthyEatingStartsHere.ca

Questions?