

Healthy Habits

A publication of Maternal & Family Health Services providing nutrition education and helping people make healthy food choices.

A Focus on Fruits and Vegetables



A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they are currently eating. Adults need at least 2 cups of fruits and 2 1/2 cups of vegetables everyday based on a 2,000 calorie diet. To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions. For more variety, try new fruits and vegetables regularly.

Tips to help increase fruits and vegetables.

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.
- Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes or use for a quick snack.
- Vary your veggie choices to keep meals interesting. Try crunchy vegetables, raw or lightly steamed.

Check out the healthy recipe ideas on the back!

Healthy Recipe Ideas

Colorful Quesadillas

Serving Size: 1/32 of recipe Yield: 32

Ingredients:

- 8 ounces cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 small flour tortillas
- 2 cups fresh spinach leaves or 9 oz. frozen, thawed and squeezed dry
- 1 cup chopped sweet red pepper
- 1 cup crumbled feta cheese or other cheese

Instructions:

1. In a small bowl, combine the cream cheese and garlic powder.
2. Spread about 2 Tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 Tablespoons red pepper and cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Food Stamp Nutrition Connection Recipe Finder
<http://recipefinder.nal.usda.gov/>

Apple Cinnamon Bars

Serving Size: 1 bar Yield: 24

Ingredients:

- 1 cup flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 cup brown sugar
- 1 cup uncooked oats
- 1/2 cup shortening
- 4 medium apples

Instructions:

1. Preheat oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of a baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in oven for 40-45 minutes.
9. Cut into squares. It will fall apart easily.

Notes: You can use applesauce (16 ounces) or canned apples in place of fresh apples. You can use either peeled or unpeeled apples.

Food Stamp Nutrition Connection Recipe Finder
<http://recipefinder.nal.usda.gov/>

Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

