

Handle Fruits and Vegetables Safely

- Buy fruits and vegetables that look and smell fresh.
- Buy only the amount you can eat within a few days.
- Handle fruits and vegetables gently to avoid bruising.
- Ripen at room temperature and then refrigerate.
- Use clean hands, clean utensils and a clean cutting board.
- Rinse all whole produce under clear running water just before using, even if you don't eat the skin or rind.
- Store all cut fruits and vegetables in covered containers in the refrigerator.
- Toss cut produce that has been out of the refrigerator for more than 4 hours.

Frozen, Fresh or Canned — Which is Best for Your Health?

The answer is any and **ALL**. Canned vegetables are just as nutritional as fresh. Canned produce is processed immediately after harvest when the nutrient content is at its peak. So, whichever you prefer depending on taste and cost, all are nutritious. Just be sure to eat your 5-A-Day!

Eat at least 5 servings of fruits and vegetables daily for good health!

What is a serving?

- one medium fruit, such as an apple, banana or orange
- 1/2 cup cut-up fruit, such as a fruit salad
- 1/4 cup dried fruit, such as raisins, prunes or dates
- 3/4 cup fruit or vegetable juice, such as tomato or grapefruit
- 1/2 cup raw or cooked vegetables, such as broccoli, cauliflower or zucchini
- 1 cup raw, leafy vegetables, such as romaine or green leaf lettuce

Banana Split

Cut a banana lengthwise and place in a dish. Fill with 1 or 2 scoops of nonfat vanilla frozen yogurt and top with strawberries and canned crushed pineapple.

Fruit Kabobs

Thread strawberries, thick banana slices and fresh or canned pineapple onto a toothpick or bamboo skewer.