

NATIONAL FRUIT & VEGGIE MONTH



THIS ISSUE:

Covers all things fruits & veggies - supporting local farmers, recommended serving size, benefits of eating in color, and fruits & veggies in season.



National Fruit & Veggie Month

LET'S CELEBRATE!

Hi there! September is national fruit & vegetable month. You know what that means, it's time to head to your local farmers market or the produce section at your grocery store to celebrate!

Eating fresh, locally sourced fruits & vegetables is not only great for your health, it also benefits the environment! When we support our local Utah farmers, we cut down on driving emissions, build our local economy, and protect the environment by supporting sustainable growing practices. It's a win, win!

If you are wondering which farmer's markets are near you, look no further! **[Check out the Utah Farmers Market Network.](#)**

According to the Center for Disease Control and Prevention (CDC), **1 in 10 adults get the recommended serving size of fruits & vegetables per day.** That's right, 1 in 10. I know what you're thinking, "how many should I be eating each day?" The American Heart Association advises adults need 4 servings of fruit and 5 servings of vegetables per day (that equals up to 9 servings of fresh goodness a day) to aid in optimal health.

Your next question might be, "well what equals a serving size?" Don't worry, I've got you! The American Heart Association goes on to say that a serving size of fresh fruit is about the size of your fist. Canned fruit is 1/2 cup, and dried fruit is 1/4 cup. A serving size of vegetables varies on what type you are eating. For dark, leafy greens, it is 1 cup. Fresh, frozen, canned or juiced is 1/2 cup. Totally doable, right?

If you feel overwhelmed by serving sizes and how many fruits & veggies you should eat each day, to this I say, **start small.** If you only consume 1 serving of fruit each day, increase it to 2 servings each day, then 3, then 4. Slow and steady wins the race.



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EATING IN COLOR

If you're looking for a way to crank up the color factor in your meals and increase your consumption of fruits & veggies, the produce section at your local grocery store or farmers market is a great place to start. From the palest whites to the brightest oranges and deepest purples - you are guaranteed to find a rainbow of color jam-packed with nutrients.

Fruits and vegetables get their vibrant color from phytochemicals and natural bioactive compounds which not only give many fruits and veggies their eye-catching hues, they also promote good health. In fact, the most vibrantly colored fruits and vegetables are the richest in vitamins, minerals, fiber, and antioxidants. Now that's what I call a quadruple whammy.

I know what you're thinking, "what colors are best for me to eat?" The answer is simple - a variety of colors! The best way to know you're getting the nutrients you need is by eating a rainbow of colors! Let's take a deep dive into each color and its benefits!

Red Fruits & Veggies

Tomatoes, strawberries and red beans (to name a few), are packed with vitamin C, vitamin A, potassium and antioxidants.

Yellow/Orange Fruits & Veggies

Such as carrots, peaches, squash and pineapple, are also loaded with vitamin C, vitamin A and potassium. They can also boost the immune system and enhance vision.

White Fruits & Veggies

Mushrooms, bananas, onions and other white fruits & vegetables are good for the heart and help to control cholesterol levels.



Green Fruits & Veggies

Broccoli, dark leafy greens, asparagus, and other jolly green fruits & veggies have lots of heart-protective properties. Green fruits & veggies also help to maintain vision health and strong bones and teeth. Dark green, leafy vegetables, such as kale, spinach, and romaine lettuce have the highest concentration of antioxidants and fiber.

Blue/Purple Fruits & Veggies

Cranberries, dark berries, purple grapes, raisins, eggplant (and more), boost urinary tract health and memory function and promote healthy aging.

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EATING IN SEASON

The U.S. Department of Agriculture has developed a seasonal produce guide to help consumers know what different fruits and vegetables to explore throughout the year. Seasonal produce in your area will vary by growing conditions and weather, so it's important to check what is in season before buying. Purchasing produce that is in season is not only better for your wallet because you aren't paying for transportation costs, but it also tastes better too! Remember, fresh, frozen, canned, and dried: fruits and vegetables are a delicious way to get in your vitamins and minerals! Another great resource for checking what is in season based off where you live is the [Seasonal Food Guide](#).

Spring

- Apples
- Apricots
- Asparagus
- Avocados
- Bananas
- Broccoli
- Cabbage
- Carrots
- Celery
- Collard Greens
- Garlic
- Herbs
- Kale
- Kiwifruit
- Lemons
- Lettuce
- Limes
- Mushrooms
- Onions
- Peas
- Pineapples
- Radishes
- Rhubarb
- Spinach
- Strawberries
- Swiss Chard
- Turnips



Summer

- Apples
- Apricots
- Avocados
- Bananas
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Carrots
- Celery
- Cherries
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Melons
- Lemons
- Lima Beans
- Limes
- Mangos
- Peaches
- Plums
- Raspberries
- Strawberries
- Summer Squash
- Tomatoes
- Watermelon
- Zucchini



Fall

- Apples
- Bananas
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cranberries
- Garlic
- Ginger
- Grapes
- Green Beans
- Herbs
- Kale
- Kiwifruit
- Lemons
- Lettuce
- Limes
- Mangos
- Mushrooms
- Onions
- Parsnips
- Pears
- Peas
- Pineapples
- Potatoes
- Pumpkin
- Radishes
- Raspberries
- Rutabagas
- Spinach
- Sweet Potatoes
- Yams
- Swiss Chard
- Turnips
- Winter Squash



Winter

- Apples
- Avocados
- Bananas
- Beets
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Collard Greens
- Grapefruit
- Herbs
- Kale
- Kiwifruit
- Leeks
- Lemons
- Limes
- Onions
- Oranges
- Parsnips
- Pears
- Pineapples
- Potatoes
- Pumpkin
- Rutabagas
- Sweet Potatoes
- Yams
- Swiss Chard
- Turnips
- Winter Squash

