

Fruits & Veggies Bulletin



Check inside for:

- USDA's New MyPlate
- Healthy Recipe
- Info on farmers' markets



For more healthy tips and free recipes, call 1-800-695-3335 or visit EatWellBeWell.org.



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. Fruits & Veggies — More Matters and the Fruits and Veggies — More Matters logo are trademarks and service marks of Produce for Better Health Foundation. AZNM9/11.

Easy Eggplant Stir-Fry



Ingredients:

- 2 eggplants, peeled and cubed
- 1 zucchini, thinly sliced
- 1 cup green bell pepper, cut into strips
- 2 onions, sliced
- 3 Tablespoons Italian dressing, low fat
- 2 cups cherry tomatoes
- 2 cups brown rice, cooked

Makes
4 servings

Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables.
2. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
3. Cook until tender.
4. Stir in cherry tomatoes.
5. Cook for 3-5 minutes.
6. Serve over brown rice.

Nutrition Facts

per serving	
calories	200
carbohydrates	39 g
protein	5 g
total fat	3 g
saturated fat	0 g
trans fat	0 g
cholesterol	0 mg
fiber	7 g
sodium	100 mg
calories from fat	13.5 %

Recipe courtesy of Connecticut Food Policy Council



Getting Started for Healthy Aging

- It's never too late to start eating more fruits and vegetables! They are filled with nutrients to help you stay healthy and reduce your age-related risks of chronic diseases for a better quality of life.
- Get your fill of fiber, vitamin C, vitamin A, calcium, iron and more! Fresh, canned, or frozen – it's easy to get more!
- To find out what fruits and vegetables are in season in your area and to find a farmers' market near you, visit EatWellBeWell.org to view or print a harvest calendar.



Eat More Fruits and Vegetables

- Fill half your plate with fruits and vegetables at each meal to help make sure you get enough fiber, vitamins and minerals each day.
- Eat vegetables and fruits as snacks; the fiber will help keep you satisfied between meals.



Farmers' Market Tips

- Wear sunscreen, comfortable walking shoes and a hat.
- Bring a reusable bag if you have one.
- Ask the farmers questions about their products. They can tell you how to select, store and prepare them, and often have recipes to share.
- If you find something you love, you can buy extras and freeze or can it for later use.

Farmers' Market Facts

- Fruits and vegetables purchased from farmers at farmers' markets are in season, at their peak and at their freshest.
- Shopping at farmers' markets puts money into your local economy and supports farmers and businesses in your community.
- Farmers' markets are more than a place to shop. They are great places to get involved in your community, meet other people and enjoy entertainment. It is also a fun way to be physically active.



Healthy Eating Across Your Lifespan

- Find ways to add more fruits and vegetables to your own recipes.
- Add grated zucchini, spinach or eggplant to spaghetti sauce or add some leafy greens to a favorite soup recipe.
- Try your recipe with someone whose company you enjoy.
- Garden and cook with fruits and vegetables. They are great hobbies and a fun way to stay connected with family, friends, and your community.