

Fruits and Veggies

From the desk of Volunteer, Michelle Kelly RDN, LD

Top 10 reasons to eat MORE fruits and vegetables

- 10 **Color and Texture** ~ fruits and veggies add color, texture and appeal to your plate
- 9 **Convenience** ~ fruits and veggies are nutrition in any form – fresh, frozen, canned, dried and 100% juice
- 8 **Fiber** ~ fruits and veggies provide fiber which helps fill you up and keeps your digestive system happy
- 7 **Low in calories** ~ fruits and veggies are naturally low in calories
- 6 **May reduce disease risk** ~ eating plenty of fruits and veggies may help reduce the risk of many disease, including heart disease, high blood pressure, and some cancers
- 5 **Vitamins & minders** ~ fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized
- 4 **Variety** ~ fruits and veggies are available in almost infinite variety – there's always something new to try!
- 3 **Quick, Natural Snack** ~ fruits and veggies are nature's treat and easy to grab for a snack
- 2 **Fun to eat** ~ some crunch, some squire, some you peel – some you don't, and some grow right in your own backyard
- 1 **FRUITS AND VEGGIES ARE NUTRITION AND DELICIOUS!**

What fruits and veggies are in season?

Summer (June – Aug)	Fall (Sept – Nov)	Winter (Dec – Feb)	Spring (March – May)
Blackberries	Broccoli	Brussels Sprouts	Apricots
Blueberries	Brussels Sprouts	Buttercup Squash	Asparagus
Cantaloupe	Cauliflower	Clementines	Broccoli
Cherries	Cranberries	Collard Greens	Corn
Cucumbers	Garlic	Dates	Green Beans
Eggplant	Grapes	Grapefruit	Mango
Honeydew melon	Kohlrabi	Kale	Oranges
Plums	Mushrooms	Kiwifruit	Peas
Radishes	Pear	Mandarin Oranges	Pineapple
Raspberries	Pineapple	Oranges	Snow Peas
Strawberries	Pumpkin	Pear	Spinach
Watermelon	Squash	Sweet Potatoes	Strawberries
Tomatoes	Sweet Potatoes	Tangerines	Vidalia Onions

*For the complete list of in season fruits and veggies visit Fruits & Veggies more matters below.

Resources: Fruits & veggies more matters @ <http://www.fruitsandveggiesmorematters.org>

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Thank you!

Questions? If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

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