



# What Incredible Choices

Montana WIC Program

1-800-433-4298

1-A

## Enjoy a Rainbow of Fruits and Vegetables

To get the biggest health benefit from your WIC Fruit and Vegetable Benefit, buy a variety of delicious, brightly colored items at your local farmers' market or grocery produce department.

### Enjoy PURPLE fruits and vegetables.

Blackberries, beets, eggplant, plum

### Enjoy RED fruits and vegetables.

Cherries, cranberries, gala apple, pomegranate, raspberries, radicchio, radish, red grapes, red delicious apple, red cabbage, red lettuce, red pepper, strawberries, tomato, watermelon

### Enjoy ORANGE fruits and vegetables.

Acorn squash, butternut squash, cantaloupe, carrot, mango, nectarine, orange, peach, orange pepper, pumpkin, spaghetti squash, sweet potato, tangerine, yam

### Enjoy YELLOW fruits and vegetables.

Corn, grapefruit, guava, honeydew melon, lemon, pineapple, star fruit, summer squash, ugly fruit, yellow pepper

### Enjoy GREEN fruits and vegetables.

Artichoke, asparagus, bok choy, broccoli, broccolini, broccoflower, Brussel sprouts, cabbage, celery, Chinese cabbage, collard greens, cucumber, green apple, green beans, green grapes, green leaf lettuce, green pepper, iceberg lettuce, jalapenos, kale, kiwi, kohlrabi, okra, peas, pear, Romaine lettuce, spinach, snap peas, Swiss chard, tomatillo, zucchini

### Enjoy BLUE fruits and vegetables.

Blueberries, huckleberries

### Enjoy WHITE fruits and vegetables.

Banana, cauliflower, garlic, ginger, jicama, mushrooms, onions, pearl onions, turnip

**What orange fruit will you buy this week? Or how about a green vegetable?**



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## APPLES: Delicious, Granny Smith, Gala, Fuji, and MORE



More than 2,500 varieties of apples grow in the US.

### HOW TO CHOOSE

- Select apples that are firm and bruise-free.
- Skins should be smooth and shiny.
- Look for intact stems and a fresh smell.

### HOW TO STORE

- Refrigerate in a plastic bag away from any foods with strong odors.
- In a refrigerator, apples can be stored up to 3 weeks.

### NUTRITION FACTS

- Apples are an excellent source of dietary fiber.
- A large apple has 120-130 calories, and is also fat, saturated-fat, sodium, and cholesterol-free.

**Fun ways for your family to enjoy the sweet crunchiness of all types of apples**



- Apples and peanut butter is a perfect combo. Just slice, spread, and enjoy.
- Waldorf salad is a tasty mix of apples, celery, and raisins – tossed with a low-fat mayo dressing.
- Baked apples make a sweet dessert. Core, add a little brown sugar and butter in the center, and bake at 350 for 15 minutes.
- An apple a day – tasty and crunchy – helps keep the doctor away!

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## BEETS: Purple, Golden, and Multi-Colored



Beet compounds are used as safe dyes for other foods.

### HOW TO CHOOSE

- Choose beets with firm, smooth skins.
- If leaves are still attached, make certain that they are not wilted.
- Smaller beets are more tender.

### HOW TO STORE

- Remove leaves, leaving an inch of stem. Eat the greens, cooked or raw in salad.
- Refrigerate in a plastic bag for up to 3 weeks. Wash before cooking.

### NUTRITION FACTS

- Beet roots are an excellent source of folate.
- Beet greens are higher in iron and calcium, as well as vitamins A and C, than the roots.

### Easy ways for your family to enjoy more beets and beet greens



- Beets can be steamed, microwaved, roasted, and even grilled.
- Save the greens that come with beets. They can be chopped raw into salads, or added to vegetable soups and stir-fried dishes.
- Roasting beets is easy and concentrates their natural sweetness. Cut large beets in quarters; cook small beets whole. Toss with olive oil and a little salt, and wrap in foil. Roast at 375 until tender, about 1 hour.

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How many DIFFERENT varieties of apples have you tried?

Red Delicious

Golden Delicious

Granny Smith

McIntosh

Gala

Fuji

Honey Crisp

Pink Lady

Braeburn

Rome

Jonathon

Jonagold

## Apple Fun with Your Kids: Easy, Delicious, and Nutritious

Here are two terrific ways to make an apple snack with children. Kids are always excited to eat things that they help to make.

### Apple-Nut Butter Rings

- 1 large apple
- Peanut butter, almond butter, or sunflower butter

Remove the center core of the apple, including seeds. Fill the center with nut butter. Slice into rings; apple around the outside with a circle of nut butter in the center.

### Applewiches

- Apples
- Orange juice
- Peanut butter, almond butter, or cheddar cheese

Remove center core of apples; slice into rings. Dip rings into juice to prevent browning. Put spoonful of nut butter or a thin slice of cheese on half apple ring. Place a second ring on top to make sandwich.

## Grocery Shopping with Kids: Easy and Educational

- Pick something your child has been learning, like red items or round shapes, and talk about them as you shop.

*Here's a red apple. Do you see another round red shape?*

- With preschool kids, take the discovery game a step further: At home, find a food picture in a book or magazine. Take the book or picture with you and try to find the item in the store.

*Where do you think the apples might be in this store? That's right, here they are – right next to these round orange fruits.*



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