

Bulletin Boards in a SNAP

Title: Eat a Rainbow of Fruits and Vegetables

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Audience: Adults (can be adapted for use with kids)

Objective: Provide easy ideas for getting more fruits and vegetables.

Handouts:

Veggie Master Mix and Fruit Smoothies

Included with this display. This is a 2-sided handout that includes the recipes the Veggie Master Mix and Make-Your-Own-Smoothie.

Three simple steps to eating more fruits and vegetables

available for free download at www.fruitsandveggiesmorematters.org under “Healthy Resources” or type this address into your Internet browser http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/resources/cdc/ThreeSimpleSteps_Brochure.pdf

Coloring Sheet for Kids on Portion Sizes

(Fruit – What does 1 cup look like?; Vegetables – What does 1 cup look like?; Chopped, Mashed or Sliced – 1 cup measures volume not shape; Dried – 1 cup fresh is equivalent to ½ cup dried!)

available for free download at www.foodchamps.org, after you give your screen name and select a guide, then click on “Coloring Sheets” or type this address into your Internet browser <http://www.foodchamps.org/activity.php?char=5&name=mk&aktiv=oc.htm&poz=f27caa>

More Matters Pocket-sized Accordion Fold Brochure (2 3/8 X 5”)

Fruit & Veggies-More Matters Guide

Handy and easy-to-use reference on nutritional benefits by color. \$7.50 for pack of 50. Order from pbhcatalog.com

Interactive Component:

- Offer samples of colorful and unique fruits and vegetables. Some ideas include: Kiwi fruit, jicama, yellow bell pepper, strawberries, etc.
- Make up the Veggie Master Mix. Finely chop the vegetables and mix with low fat cream cheese. Let people sample with whole wheat crackers.
- Let people make small fruit kabobs. Think about ways to keep food safe, such as tooth picks or tongs for grabbing individual pieces.
- If having food is not an option, print picture of unusual fruits and vegetables and let people guess what they are and how to eat them.
- Create a large plant showing how some foods grow above ground, like apples on a tree and others grow below ground like beets.

Background:

The *Dietary Guidelines for Americans* recommends adults consume 3.5 to 6.5 cups (7 to 13 servings) of fruits and vegetables daily and children eat 2 to 5 cups per day (4 to 10 servings) depending on their age. While research indicates that more than 50 percent of adult consumers know they need to eat five or more servings of fruits and vegetables per day, more than 90 percent of all Americans do not eat the recommended amount. To meet the new dietary guidelines, most consumers will have to more than double the amount they currently consume.

Fruits and vegetables are nutrient-rich, naturally low-fat and come in a variety of colors, textures, and tastes. Adding more fruits and vegetables to the diet increases fiber, vitamins, minerals and antioxidants and phytochemicals. Nearly every person can improve on their fruit and vegetable consumption.

Fruit

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen or dried and may be whole, cut-up, or pureed. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

Vegetables

Any vegetables or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Vegetables are organized into five sub-groups based on their nutrient content. These areas are:

- Dark green vegetables
- Orange vegetables
- Dry beans and peas
- Starchy vegetables (corn, green peas, lima beans, potatoes)
- Other vegetables

Antioxidants

Antioxidants are substances that slow or prevent the oxidative process (damage caused by oxygen) thereby preventing or repairing damage to cells in the body. They may promote health and reduce the risk of chronic disease by counteracting the effects of free radicals, a by-product created by cells as they process oxygen. Beta carotene (orange-colored pigment found in fruits and vegetables), vitamin C, and vitamin E function as antioxidants in body tissues.

Phytochemicals

Phytochemicals are chemicals that plants produce to protect themselves against viruses, bacteria, and fungi. They include hundreds of naturally occurring substances including carotenoids (beta carotene, lycopene, lutein, and zeaxanthin), flavonoids, indoles, isoflavones, capsaicin, and protease inhibitors. Researchers are still studying the exact role of phytochemicals in humans, but they believe they protect against some cancers, heart disease and other chronic health conditions. The benefits from phytochemicals are achieved by eating plant-based food, not taking supplements. People get phytochemicals by eating a wide variety of different colored fruits and vegetables, as well as legumes and whole grains.

Vitamin A

Vitamin A is a fat soluble vitamin, meaning it dissolves in fat, not water. In the body, it is stored in the liver and not passed in the urine, stool, or sweat. Vitamin A is always found with fat in the body. Vitamin A comes from animal and plant sources. In animal foods, vitamin A is retinol and is found in the fat of milk, cheese, butter, and egg yolks. In plants, vitamin A comes from beta-carotene, which the body converts to vitamin A if needed. Sources include dark-green leafy vegetables and deep yellow-orange vegetables and fruit.

Functions of Vitamin A:

- Helps eyes see normally in the dark, by adjusting to a lower level of light.
- Promotes the growth and health of cells and tissues.
- Protects from infections by keeping skin healthy.
- Works as an antioxidant to reduce the risk for certain cancers and other chronic diseases.

Vitamin A toxicity occurs when too much vitamin A is stored in the body. When it occurs, it is almost always from a high intake of dietary supplements, not from food. Symptoms include headaches, dry scaly skin, liver damage, joint pain, loss of appetite, irritability, nausea, or vomiting, loss of hair, nerve damage, or birth defects. Too much carotene color pigment may cause the skin to turn orange, but does not indicate vitamin A toxicity.

Vitamin C

Vitamin C is a water-soluble vitamin, meaning it can be dissolved in water. It is not stored in the body and excess amounts are passed through urine and perspiration.

Functions of vitamin C:

- Helps produce collagen, a connective tissue that holds muscle, bones, and other tissues together.
- Helps keep capillary walls and blood vessels firm, protecting from bruising.
- Helps the body absorb iron from plant sources of food.

- Helps keep gums healthy.
- Helps heal cuts or wounds and protects from infections by keeping the immune system healthy.

Most fruits and vegetables contain vitamin C. Excellent sources include citrus fruits, tomatoes, and cabbage. Broccoli, green peppers, and spinach are good sources of both vitamin C and vitamin A. Fruits and vegetables eaten raw contain more vitamin C than processed types.

Folacin: (folate or folic acid)

Folacin helps the body form red blood cells. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate folate, including folic acid from fortified foods or supplements. This reduces the risk of neural tube defects.

Fiber

Sometimes called “nature’s broom,” fiber refers to complex carbohydrates that the body cannot digest nor absorb into the bloodstream. Fiber is not used for energy like other carbohydrates; it is excreted. Fiber is not considered a nutrient since it does not nourish the body. Foods with higher fiber content often have lower fat content. Sources include many fruits and vegetables, especially the skin. Fiber is explained more thoroughly in the Grains lesson.

Potassium

Potassium is a mineral found in many fruits and vegetables as well as nuts, legumes, and dairy products. While the scientific reasons are not fully understood, eating foods high in potassium helps protect against high blood pressure. Potassium also:

- helps regulate fluids and mineral balance in and out of body cells.
- helps maintain normal blood pressure.
- helps transmit nerve impulses.
- helps muscles contract.

Resources:

www.fruitsandveggiesmorematters.org = Produce for Better Health Foundation

www.mypyramid.gov = United States Department of Agriculture

www.ces.uwyo.edu/food.asp = University of Wyoming Cooperative Extension Nutrition and Food Safety Initiative Team

www.uwyo.edu/centsible = University of Wyoming Cent\$ible Nutrition Program

Credit:

More Matters. Living Well Campaign display developed by the Nutrition and Food Safety Initiative Team, Cooperative Extension Service, University of Wyoming.

Cent\$ible Nutrition curriculum. Family and Consumer Sciences Department, Cooperative Extension Service, University of Wyoming

Evaluation Request: Wyoming SNAP hopes you find this information useful in your educational setting. We appreciate any and all comments or feedback on this display. Please connect and complete a quick survey at:

<https://survey.uwyo.edu/TakeSurvey.aspx?SurveyID=p21L8o6K>

Related files:

- Display elements
- Schematic/photograph of display
- Handout(s)