

SHARE article
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Fruits and Veggies, More Matters

No matter how much controversy there is over which fruit helps more, or which vegetable protects against which disease, all the studies agree on this - More Fruits and Vegetables lead to a Healthier Life. That's the basis of the new campaign "Fruits and Veggies, More Matters." It is taking the place of the 5-A-Day campaign and has a whole new logo and design. Whole fruits and vegetables provide more nutrition and better health than all the pills, tablets or supplements ever do.

There are no specific numbers of servings like the 5-A-Day campaign had. The recommendations in the new MyPyramid are for 1 to 2 ½ cups of fruit and 2 to 4 cups of vegetables a day. Whether you want to eat them as a lot of separate servings or one huge fruit and vegetable salad is not that important. *That you do eat them is important!*

Does how you choose to eat them make a difference? Not a whole lot. If you don't like raw, cook them. If you find that fresh veggies spoil before you get them eaten, then get frozen or canned. If fresh fruit gets over-ripe too fast on your counter, and there's no room in the refrigerator, then get canned or frozen. Any of these will give you most of the nutrients.

The main vitamin lost in canning is vitamin C. Some of the B vitamins are decreased a little. But one class of 100% fruit juice will give you your day's supply of vitamin C. Whole wheat bread will provide a lot of your B vitamins. In general, most canned fruits and vegetables are comparable to what fresh would be after you cook them. So if canned veggies or fruit on the shelf are more convenient and less costly for you, fill your shelf with cans. Just check the label for "No Salt Added" on the cans of

vegetables, and “Canned in Juice” or “Canned in Light Syrup” on the fruit. If frozen fruit in the freezer makes it more likely that you’ll throw a couple into a smoothie or on top of some yogurt, then stuff the freezer. Just be sure that they get out of the can, off the shelf, and onto your plate.

Use the fresh produce in your SHARE bag as soon as you can, so that you get it while it’s best. When fresh produce starts to wilt or droop, it’s losing vitamins and will soon start to spoil. Don’t wash fresh produce until you are ready to use it. Water will make it spoil faster. And when the fresh produce is gone, don’t feel bad about using canned or frozen. Remember - Fruits and Veggies, More Matters!

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