

# Healthy Eating on a Budget for Families

Look inside for:

- Healthy on a Budget
- Freezing Fresh Fruits and Vegetables
- Shopping with the Seasons
- Smart Shopping for Fruits and Vegetables (English/Spanish)
- Eating Better on a Budget (English/Spanish)
- Save More at the Grocery Store (English/Spanish)
- Healthy Foods Under \$1 Per Serving

For more information on ways to lead a healthier lifestyle  
visit our website [GetHeathyCT.org](http://GetHeathyCT.org)



*Find us on Facebook and Twitter!*



**December 2020**





# HEALTHY ON A BUDGET

Eating healthy doesn't mean you have to break the bank. Healthy food has a reputation for being pricey and out of reach, but there are plenty of ways to help you save money while eating nutritiously.

- 1 Plan ahead!** Come together as a family to brainstorm meals for the week ahead. Create a shopping list and stick to it! When shopping, consider the Environmental Working Group lists for the 'Clean Fifteen' and 'Dirty Dozen' to help you select non-organic or organic, while still staying within budget.
- 2 Shop seasonal.** Throughout the year, pricing fluctuates based on what's in season. Research seasonal produce lists to help plan out meals. Highlight your favorites or circle some new items to get creative and try out a new recipe in the kitchen, together as a family.
- 3 Stock up on sales.** Take a look at the ads for your local grocer and make note of sales. Fruits and veggies can easily be frozen for future use in any meal of the day. Frozen berries are a quick way to spruce up oatmeal or cereal. Mix in frozen veggies with your pasta or with rice for a quick stir-fry side. Make 'smoothie' bags with frozen spinach, sliced bananas, berries and more for a quick and delicious smoothie.
- 4 Cut down on waste by exploring ways to make meals last.** Avoid letting food go to waste by keeping tabs on what's in your refrigerator or pantry. Use your oldest produce first and get creative with leftovers. Chili, stir-fry and soups are all great ways to use up your produce and make the most of the dollars you spend.
- 5 Grow what you know.** Create a small indoor or outdoor garden at home with the produce or herbs you use the most. Have a sunny, kitchen window or balcony? Consider creating a boxed herb garden, a potted strawberry or cherry tomato plant, or a lettuce variety.

## TIPS

- Cook together as a family! Give each family member a responsibility or set up it as a cooking challenge. Enjoy some more quality time together by sitting down and talking about the day.
- Try out 'Meatless Mondays' or more well-balanced vegetarian meals throughout the week. Meat is more expensive than proteins like eggs, beans and legumes.

## Conversation Starters

What's your favorite healthy food?

Find a recipe that includes it!

What's a healthy food you'd like to try?

Set up a taste test to try it out

cooked in a variety of ways.

# ACTION FOR HEALTHY KIDS



Every kid healthy, active and ready to learn

actionforhealthykids.org • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136





# FREEZING FRESH FRUITS AND VEGETABLES

Buy too much or maybe meal plans changed? Don't let your produce go to waste! Make fresh fruits and vegetables last longer by freezing. Check out these tips on how to preserve nutrients and flavor for a future meal or snack.

**1 Wash and dry.** To make sure your food is clean and ready for use, thoroughly wash and gently dry.

**2 Blanch vegetables.** Blanching vegetables seals in the flavor, color and nutrients and provides one last cleanse of the surface!

- For every two cups of produce, bring one gallon of water to a boil. Add vegetables and cover. Return to a boil and cook for 2.5 minutes. Remove from heat and add to large bowl of ice water. Drain, pat dry and prepare.

**3 Chop, slice and peel.** Cut into 1 ½ inch florets and blanch for 3 minutes.

- Broccoli and cauliflower: Cut into 1 ½ inch florets.
- Carrots: Peel and cut into slices or mini carrot sticks.
- Dark leafy greens (chard, kale, spinach): Remove stems and fibrous ribs. Chop.
- Zucchini and yellow squash: Cut into 1 inch slices.
- Tomatoes: Remove the core.
- Bananas and oranges: Peel and slice.
- Strawberries: Remove stems and cut large ones in half.
- Peaches and nectarines: Remove pit and cut into sixths.

**4 Freeze on a baking sheet before storing.** The last thing you want is a giant ice cube of frozen fruits or vegetables! Once your produce is prepared, freeze on a baking sheet so each piece freezes individually. Then, transfer your frozen fruits and veggies to air tight containers or freezer bags.

**5 Enjoy.** Frozen vegetables can be tossed into soups, pastas or stir fry during a busy week. Top yogurt or oatmeal with granola and frozen berries or batch a mix of fruits and vegetables for easy morning smoothies!

## TIPS

- Capitalize on sales, and buy in bulk. Prepare and freeze the extra produce that you won't use and cross it off your next shopping list.
- Buying in season is more cost effective. Snag end-of-season deals on your favorite fruits or vegetables, then freeze them.

# ACTION FOR HEALTHY KIDS

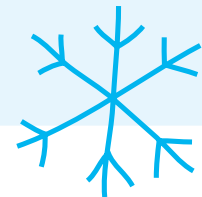


Every kid healthy, active and ready to learn

actionforhealthykids.org • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136

# Shopping with the Seasons

| Spring                                                                                                                                                                                                                                       | Summer                                                                                                                                                                                                                                                                                                                                 | Fall                                                                                                                                                                                                                                   | Winter                                                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Apricots<br>Artichokes<br>Asparagus<br>Avocados<br>Beans (Green)<br>Broccoli<br>Cabbage<br>Carrots<br>Celery<br>Chayote<br>Collard Greens<br>Corn<br>Honeydew<br>Lettuce<br>Mango<br>Oranges<br>Peas<br>Pineapple<br>Strawberries<br>Spinach | Apricots<br>Avocados<br>Beets<br>Blackberries<br>Blueberries<br>Cantaloupe<br>Cherries<br>Corn<br>Cucumbers<br>Edamame<br>Eggplant<br>Figs<br>Grapefruit<br>Grapes<br>Honeydew<br>Nectarines<br>Peaches<br>Peppers (Bell)<br>Plums<br>Raspberries<br>Strawberries<br>Summer Squash<br>Tomatillos<br>Tomatoes<br>Watermelon<br>Zucchini | Acorn Squash<br>Apples<br>Broccoli<br>Beets<br>Brussels Sprouts<br>Butternut Squash<br>Cauliflower<br>Cranberries<br>Grapes<br>Green Beans<br>Lettuce<br>Mushrooms<br>Pumpkin<br>Pears<br>Pomegranate<br>Sweet Potatoes<br>Swiss Chard | Apples<br>Bananas<br>Brussels Sprouts<br>Cabbage<br>Carrots<br>Celery<br>Clementines<br>Collard Greens<br>Dates<br>Grapefruit<br>Kale<br>Kiwifruit<br>Leeks<br>Mandarins<br>Onions<br>Oranges<br>Pears<br>Persimmons<br>Potatoes<br>Sweet Potatoes<br>Tangerines<br>Turnips<br>Winter Squash |



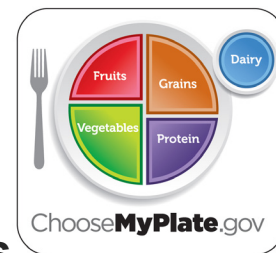
**ACTION** FOR  
HEALTHY  
KIDS 



**Every kid healthy, active and ready to learn**

actionforhealthykids.org • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136

# smart shopping for veggies and fruits



## 10 tips for affordable vegetables and fruits

**It is possible to fit vegetables and fruits into any budget.** Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

### 1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



### 2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

### 3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

### 4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



### 5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

### 6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

### 7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

### 8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



### 9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



### 10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.



# la buena compra de vegetales y frutas



## 10 consejos para economizar en vegetales y frutas

**Es posible incluir vegetales y frutas en todo presupuesto.** Tomar decisiones nutritivas no tiene que costar demasiado dinero. Comer estos alimentos en cantidades suficientes promueve la buena salud y puede ayudarle a reducir el riesgo de contraer ciertas enfermedades. Hay muchas maneras económicas de satisfacer sus necesidades de consumo de frutas y vegetales.

### 1 celebre la temporada

Use frutas y vegetales frescos de temporada. Son fáciles de obtener, saben mejor y, por lo general, cuestan menos. Su mercado local es una fuente excelente de productos frescos de temporada.



### 2 no vale la pena pagar el precio completo

Busque en el periódico local, en internet y en las tiendas las ventas especiales, cupones de descuento y ofertas que pueden reducir el costo de los alimentos. A menudo, puede comprar más por menos en supermercados (o tiendas de descuento, si están disponibles).

### 3 mantenga una lista de compras

Planifique sus comidas por adelantado y haga una lista de compras. Ahorrará dinero al comprar sólo lo que necesita. No vaya de compras cuando tenga hambre. Ir de compras después de comer hará que sea más fácil pasar por alto los bocadillos tentadores. Tendrá más dinero disponible en su presupuesto para comprar vegetales y frutas.

### 4 pruebe productos enlatados o congelados

Compare el precio y la cantidad de raciones de las variedades frescas, enlatadas y congeladas de los mismos vegetales o frutas. Los artículos enlatados y congelados pueden ser menos costosos que los frescos. En el caso de artículos enlatados, elija frutas envasadas en 100% jugo de fruta y vegetales con etiquetas que indican "bajo en sodio" o "sin sal adicional" ("low in sodium" o "without added salt").



### 5 compre cantidades pequeñas frecuentemente

Algunos vegetales y frutas frescas no duran mucho. Compre cantidades pequeñas con mayor frecuencia para garantizar que pueda comerlos y no se echen a perder.

### 6 compre a granel cuando los artículos estén en venta especial

En el caso de los vegetales y las frutas que usa con frecuencia, las bolsas más grandes son más económicas. Las frutas y vegetales enlatados y congelados duran más y se pueden comprar en cantidades grandes cuando están en venta especial.

### 7 las marcas de las tiendas = ahorros para usted

Si es posible elija comprar las marcas de las tiendas. Obtendrá un producto idéntico o similar a un precio módico. Si su supermercado tiene una tarjeta de descuento para miembros, inscríbese para ahorrar aún más.

### 8 mantenga las cosas simples

Compre los vegetales y las frutas en sus formas más simples. Los alimentos pre cortados, pre lavados, listos para el consumo y procesados son convenientes pero a menudo cuestan mucho más que si se compran en sus formas frescas.



### 9 cultive sus propios vegetales y frutas

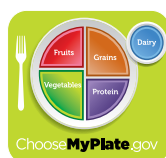
Cultive alimentos frescos, económicos y sabrosos, en el huerto, jardín, o en el balcón, para añadir a sus comidas. Para los principiantes, las hierbas, los pepinos, pimientos o tomates son buenas opciones. Busque en su biblioteca local o en línea para obtener más información sobre cómo sembrar un huerto.



### 10 planifique y cocine de manera astuta

Prepare de antemano y congele sopas, guisos u otros platos con vegetales. Eso le ahorrará tiempo y dinero. Agregue restos de vegetales a cazuelas, o mézclelos para hacer sopa. Las frutas maduras son excelentes para hacer batidos o para hornear.

**10  
tips**  
Nutrition  
Education Series



**MyPlate  
MyWins**

Based on the  
**Dietary  
Guidelines  
for Americans**

# Eating better on a budget

**Get the most for your budget!** There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

## 1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



## 2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

## 3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

## 4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



## 5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

## 6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

## 7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



## 8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

## 9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

## 10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.



# Comer mejor con un presupuesto

**¡Aproveche al máximo su presupuesto!** Hay muchas maneras de ahorrar dinero en los alimentos que usted come. Los tres pasos principales son la planificación antes de comprar, la compra de los artículos al mejor precio y la preparación de comidas que aprovechen mejor sus dólares para la compra.

**1 ¡Planee, planee, planee!**  
Antes de ir a la tienda de comestibles, planee sus comidas para la semana. Incluya comidas como guisos, guisados o sopas, que “aprovechan” artículos caros en más porciones. Compruebe qué alimentos tiene ya y haga una lista de lo que necesita comprar.



**2 Consiga el mejor precio**  
Chequee el periódico local, en línea y en la tienda para encontrar rebajas y cupones. Pida una tarjeta de fidelidad para ahorros adicionales en las tiendas donde compra. Busque ofertas especiales o rebajas de carne de res y pescado, los cuales a menudo son los artículos más caros de su lista.

**3 Compare y contraste**  
Localice el “precio unitario” en el estante directamente debajo del producto. Úselo para comparar diferentes marcas y diferentes tamaños de la misma marca para determinar cuál es la mejor compra.

**4 Compre a granel**  
Es casi siempre más barato comprar alimentos a granel. Las opciones inteligentes son grandes contenedores de yogur bajo en grasa y grandes bolsas de vegetales congelados. Antes de comprar, recuerde comprobar si tiene suficiente espacio en el congelador.



**5 Compre productos de temporada**  
¡La compra de frutas y vegetales de temporada puede reducir el costo y añadir a la frescura! Si no va a usarlos todos de inmediato, compre algunos que todavía necesiten tiempo para madurar.

**6 Costos de la conveniencia... vuelva a lo básico**  
Los alimentos convenientes como cenas congeladas, frutas y vegetales pre-cortados, y las comidas para llevar a menudo pueden costar más que si se prepararan en casa. ¡Tómese el tiempo para preparar su propia comida y ahorre!

**7 Bueno para su cartera**  
Ciertos alimentos suelen ser opciones de bajo costo durante todo el año. Pruebe los frijoles como alimento proteínico menos costoso. Para los vegetales, compre repollo, batatas o tomates enlatados bajos en sodio. En cuanto a las frutas, las manzanas y los plátanos son buenas opciones.



**8 Cocine una vez... ¡coma toda la semana!**  
Prepare un gran lote de recetas favoritas en su día libre (el doble o triple de la receta). Congele en recipientes individuales. Úselos durante toda la semana y no tendrá que gastar dinero en comidas para llevar.

**9 Sea creativo con las sobras**  
Anime las sobras, úselas de nuevas maneras. Por ejemplo, pruebe el pollo sobrante en un stir-fry, en una ensalada verde o en chili. Recuerde, ¡tirar la comida es tirar su dinero!

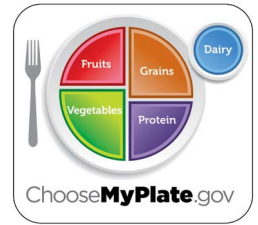
**10 Comer fuera**  
Los restaurantes pueden ser caros. Ahorre dinero obteniendo el especial para madrugadores, saliendo a almorzar en lugar de cenar o buscando ofertas “2 por 1”. Pedir agua en vez de pedir otras bebidas, las cuales incrementan la factura.



# 10 tips

## Nutrition Education Series

# save more at the grocery store



## 10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

**1 find deals right under your nose**  
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

**2 search for coupons**  
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



**3 look for savings in newspaper**  
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

**4 join your store's loyalty program**  
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

**5 buy when foods are on sale**  
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

**6 find out if the store will match competitors' coupons**  
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

**7 stay organized so coupons are easy to find**  
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



**8 find a coupon buddy**  
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

**9 compare brands**  
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

**10 stick to the list**  
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.

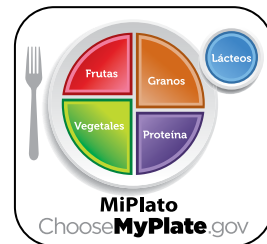


# 10 consejos

Serie de Educación en Nutrición

# ahorre más en el supermercado

## 10 consejos de MiPlato para estirar el valor de su dinero



**Las mejores maneras de ahorrar en el supermercado son usando cupones y buscando los mejores precios. El primer paso es saber dónde los encuentra. Use los consejos de MiPlato para estirar el valor de su dinero.**

### 1 encuentre buenos “descuentos en sus manos”

Busque cupones en sus recibos, avisos en los productos y en los estantes de productos de los supermercados.

### 2 busque cupones

Varios supermercados envían cupones para promocionar productos, así que no los pierda entre el llamado “junk mail.” Usted también puede buscar cupones en internet. Revise sus cupones por lo menos una vez al mes y deseche los que ya expiraron.



### 3 busque ahorros en el periódico

En los periódicos del domingo van insertados cupones para marcas de productos conocidos—excepto en los días feriados. Algunos supermercados duplican el valor del cupón en días específicos.

### 4 afíliese al program de amigos del supermercado

La suscripción es usualmente gratis y usted puede recibir ofertas y cupones a través de su correo electrónico.

### 5 compre los productos cuando estén en oferta

Maximice sus ahorros usando cupones en productos de oferta. Usted podría encontrar buenos ahorros como “page por uno y lleve dos.”

### 6 infórmese acerca de los cupones de tiendas competidoras

Varios supermercados aceptan cupones de otras tiendas para el mismo producto. Para más información, chequee en la oficina de Servicio al Consumidor.

### 7 organice sus cupones de manera que sean fáciles de encontrar



Organice los cupones por producto or en orden alfabético. Adapte un sistema que sea fácil para usted. Guárdelos en folders, organizadores de acordeón o sobres.

### 8 encuentre un “amigo de cupones”

Intercambie los cupones que no usará con un amigo, se podrá deshacer de los que no usa y encontrará descuentos adicionales.

### 9 compare las marcas

Los productos del supermercado pueden ser menos costosos que los de marcas conocidas. Compare los precios de diferentes marcas para encontrar mejores precios.

### 10 compre sólo lo que está en su lista

Haga una lista de compras con los productos que necesita. Mantenga una lista en su teléfono celular, en el refrigerador o en su billetera. Cuando esté en el supermercado asegúrese de comprar sólo los productos de su lista.



# Healthy Foods Under \$1 Per Serving



Healthy Kids™

Eating healthy on a budget can seem difficult; but it can be done! Being creative can help you stick to your budget and incorporate nutritious foods into your diet. Try to incorporate some of these healthy foods under \$1 into your weekly menu planning.

| FOOD                                                                      | GREAT FOR                                                                                                                                                            | WHAT'S A SERVING?                             |
|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| Apples (raw with skin)                                                    | Snacks, green salads, main dish salads and fruit salads                                                                                                              | 1 large apple                                 |
| Bananas                                                                   | Snacks and fruit salads, yogurt parfaits and smoothies                                                                                                               | 1 banana (large)                              |
| Barley, Pearled (cooked)                                                  | Soups and stews, cold salads and casseroles                                                                                                                          | ½ cup (cooked)                                |
| Beans, Canned (kidney, pinto, garbanzo or navy)                           | Green salads, casseroles, stews, hummus and chili. Types of beans range from 50% less sodium kidney beans and black beans to white beans and garbanzo beans.         | Each can contains about 3.5 (½-cup) servings. |
| Broccoli                                                                  | Steamed as a side dish, tossed in salads, mixed in brown rice or whole wheat pasta dishes                                                                            | 1 cup raw, ½ cup cooked                       |
| Carrots, Baby (raw)                                                       | Snacks, casseroles, stews, veggie platters and side dishes                                                                                                           | 8-10 baby carrots (3 oz)                      |
| Corn on the Cob, Frozen                                                   | Quick side dish, kid friendly                                                                                                                                        | 1 ear                                         |
| Eggs                                                                      | Omelets, hardboiled, salads                                                                                                                                          | 1 medium egg                                  |
| Lentils (cooked)                                                          | Soups and stews, cold bean salads and casseroles                                                                                                                     | ½ cup cooked                                  |
| Milk, Fat-Free                                                            | Cold beverage                                                                                                                                                        | 1 cup                                         |
| Oatmeal, Regular                                                          | Hot oatmeal, breakfast, baking                                                                                                                                       | ½ cup cooked                                  |
| Oranges (fruit 2 7/8" diameter)                                           | Snacks, green salads and fruit salads                                                                                                                                | 1 large or extra large orange                 |
| Pears (raw)                                                               | Snacks, as an appetizer with cheese, green salads and fruit salads                                                                                                   | 1 large pear                                  |
| Peas, Green (frozen, cooked)                                              | Mixed into brown rice or whole wheat pasta dishes                                                                                                                    | ½ cup cooked                                  |
| Rice, Brown (cooked)                                                      | Stir fry, steamed with veggies                                                                                                                                       | ½ cup cooked                                  |
| Spinach (raw)                                                             | Tossed salads, steamed as a side dish                                                                                                                                | 1 cup raw or ½ cup cooked                     |
| Sweet Potato (cooked, baked in skin)                                      | Baked, mashed, steamed                                                                                                                                               | 1 medium potato (2" diameter, 5" long, raw)   |
| Tomatoes, Fresh or Canned (packed in tomato juice, reduced-salt versions) | Italian and Mexican recipes, chili, stew and casseroles. Flavor options range from no-salt-added sliced stewed tomatoes to diced tomatoes with garlic and olive oil. | One can contains about 3.5 (½-cup) servings.  |
| Vegetables, Frozen and Mixed                                              | Quick side dish, add to soups/stews                                                                                                                                  | ½ cup cooked                                  |
| Yogurt (plain, low fat or fat-free)                                       | Smoothies, yogurt parfait, dips and dressings                                                                                                                        | A 6-ounce container is usually a serving.     |

Source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24.