

“Re-Fresh”

Your Life

with
nutritious
fruits and
vegetables



Florida Department of Agriculture and Consumer Services
Charles H. Bronson, Commissioner



ReFresh Your Life

Refresh your life by eating fresh fruits and vegetables. Eating a diet rich in fruits and vegetables can change everything from the way you look and feel to providing resistance to certain diseases and cancers. The nutrients in food are necessary for your body to build, repair, and maintain its tissues and organs, to regulate its processes and to provide energy. A diet rich in fruits and vegetables is loaded with essential vitamins and minerals to maximize your food and health potential without having to consume large amounts of calories. The goal is not to abandon tradition but enhance it the healthy way.

Maintaining and developing healthy habits and diets can sometimes seem complicated. However, there are just a few key important factors to remember.

- * Eat more fruits, vegetables, and whole grains.
- * Reduce your intake of saturated fat and cholesterol.
- * Eat salt and sweets only in moderation.
- * Eat smaller portions and stay conscious of how much you've consumed.
- * Exercise. Break it into smaller exercise sessions if 30-60 minutes seems daunting or if you are short on time.





Quick Tips for ReFreshing your health

- ❁ Think moderation. You can incorporate just about any food into a balanced diet as long as you are conscious of serving size. Losing and maintaining weight is a game of numbers not deprivation.
- ❁ Eat whole wheat! It provides more fiber and nutrients. Aim for three servings.
- ❁ Go light on salad dressings and condiments. Many are loaded with fat, calories and sugar.
- ❁ Focus on gradual change. Don't try to do a major overhaul overnight; gradual change tends to be more lasting. The goal is not to abandon tradition but enhance it the healthy way.
- ❁ Eat slowly and recognize when you are full. Regardless of what your Mother may have told you, you don't have to finish everything on your plate, especially when dining out where portion sizes can be large.
- ❁ Help children develop healthy habits while they are young that will last a lifetime. Make fruits and vegetables a natural and favored choice by serving a wide range of produce.
- ❁ Don't treat diet and exercise as hard work. Instead think of it as part of your daily routine like brushing your teeth.

With so many different types of fruits and vegetables that are readily available in your local grocery store or fresh produce stand, it's easy to create a diet that is diverse and healthy. Florida farmers grow a wide array of produce including strawberries, blueberries, mangoes, tomatoes, bell peppers, avocado and sweet corn. Check out the nutritional chart to uncover the hidden nutrients in your favorites.

Nutrient	Florida Food Amount / Fat	Florida Food Amount / Fat
Vitamin A	Carrots, 1 whole 2,025 mcg / .1g fat	Broccoli, 1 spear 254mcg / .5g fat
Vitamin B1 (Thiamin)	Snapper, 7 oz. 39mg / 6g fat	Lean pork chop .83mg / 7.5g fat
Vitamin B2 (Riboflavin)	Lowfat milk, 2%, 1 cup .4mg / 4.68g fat	Lean ground beef, 1/4 lb. .2mg / 11.25g fat
Vitamin B3 (Niacin)	Peanuts, 1/4 cup 9.8mg / 17.5g fat	Chicken breast, 1/4 11.8mg / 3g fat
Vitamin B5 (Pantothenic Acid)	Chicken breast, 1/2 1.16mg / 13.4g fat	Avocado, 1 whole 2mg / 27g fat
Vitamin B6	Mackerel, 7 oz. 1.5mg / 12.6g fat	Watermelon, 1 cup .14mg / .65g fat
Vitamin B12	Blue Crab, 7 oz. 11.3mvg / 2.16g fat	Oysters, 1 cup 40.8mcg / 4g fat
Vitamin C	Orange juice, 1 cup 124mg / .5g fat	Strawberries, 1 cup 84.5mg / .55g fat
Vitamin E	Corn, 1 cup 1.2mg / 1.8g fat	Green pepper, 1 cup .62mg / .46g fat
Biotin	Eggs, 1 medium 11mcg / 5.58g fat	Peanuts, 1/4 cup 12.5mcg / 17.5g fat
Folic Acid	Green beans, 1 cup 40mg / .013g fat	Cabbage, 1 cup 39mg / .12g fat
Potassium	Acorn squash, 1 cup 645mg / .2g fat	Zucchini, 1 cup 455mg / <.1g fat
Iron	Oysters, 1 cup 15.6mg / 4g fat	Clams, 3.4 oz. 13.8mg / .76g fat
Calcium	Plain lowfat yogurt, 1 cup 415mg / 3.52g fat	Orange, 1 whole 52mg / .16g fat

mg= milligram mcg = microgram

Grape Tomato Salsa

- 1 pint Florida grape tomatoes
- ½ Florida white onion, chopped
- 1 bunch Florida cilantro
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot sauce
- 1 jalapeño pepper, seeded and chopped
- 3 Florida limes, juiced
- * salt and white pepper to taste

Place all ingredients in a blender and process to desired consistency.

Yield: 2 servings

Easy as 1-2-3

Try this simple plan to start including more fresh produce into your diet

Eat **1** or more fresh vegetables
...with **2** meals a day
...for **3** months

It's easy! If you eat more produce and less processed food, you'll start to look and feel like a **healthier person**



Vegetable Cous Cous

- 3 tablespoons olive oil
- 2 ears Florida sweet corn, husked and roasted
- 1 cup Florida yellow squash, diced
- $\frac{1}{2}$ cup Florida red bell pepper, diced
- $\frac{1}{2}$ cup Florida green bell pepper, diced
- $\frac{1}{2}$ cup Florida green onions, diced
- 4 cups cooked cous cous

Use 1 tablespoon of olive oil to coat the ears of corn; place on a baking sheet and roast in a 450-degree F oven for 10-12 minutes. Cool the corn and cut the kernels from the cob. Pour remaining olive oil in a large sauté pan over medium high heat, sauté vegetables including corn for approximately 2-3 minutes. Remove from heat. Season with salt and pepper and combine the cooked cous cous and vegetables. Serve hot or cold.

Yield: 6 servings

