

Summer Foods

Nutrition Education
June 2022



Fruits provide an excellent source of vitamins and minerals that help keep your body moving. They can also help you stay hydrated this summer. Eating summer vegetables adds nutrients to your body while keeping the total calories low.

Eating more fruits and vegetables is a good way to help you stay at your best.

So Many Choices!

With all the different types of fruits and vegetables, you will always have something new to try. From apples to zucchini, you can find them in any form: frozen, fresh, dried, pureed, canned, or 100% fruit or vegetable juice. Fruits and vegetables are cheaper and taste better when in season. When buying canned fruits, pick the ones that are in 100% fruit juice or water. For canned vegetables, choose low sodium, or no salt added.

Nutrition

Fruits and vegetables provide a good source of fiber that helps keep your digestive system healthy. They are also naturally low in calories, fat, and sodium. They are a good source of antioxidants and nutrients such as vitamin C, vitamin A, and potassium. Since fruits are packed with great nutrients, they can help lower the risk of some diseases.

Snacks

Fruits and vegetables can be a great grab-and-go snack. They are convenient to carry and store. Keep a box of raisins or apricots in your bag for an easy, sweet snack. Stock a bowl of fruit on your table or counter to give you a reminder to eat your fruits. Pack a few baby carrots or cherry tomatoes for an afternoon snack. Cut some celery and cucumbers for a crunchy salty snack.

Hydration

Summertime means your body may need more fluids to stay healthy. Choose to stay hydrated with water first. To add variety to your water, add slices of oranges or cucumbers for some flavoring. Adding a few frozen berries or kiwi is a fun way to add flavor without adding too many calories or sugar. Avoid sodas and sweetened beverages like tea and juices. They are high in sugar and may cause weight gain.

Tropical Fruit Crossword Puzzle



ANSWER:

1. Pineapple 2. Banana 3. Papaw 4. Carambola 5. Dragonfruit 6. Watermelon
 7. Mango 8. Avocado 9. Durian 10. Kiwi 11. Coconut