



Walk & Talk



Almost Everyone Need to Know More About Fruits & Vegetables!

Research shoes that fruits & vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits & vegetables they currently eat every day.

Fruits & Vegetables Can Protect Your Health

Fruits & Vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases.

Fruits and Vegetables and Weight Management

Substituting fruits and vegetables for higher-calorie foods can be a great way to cut calories.



Fruits and Vegetables on the Go!

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Use these easy, fun tips to help you eat a colorful variety of fruits & vegetables everyday!

Breakfast

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.
- Have fruit as a midmorning snack.
- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.

Lunch and Dinner

- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza!
- If you have a sweet tooth, add chopped apples, pears, or raisins.
- Add broccoli, green beans, corn, or peas to a casserole or pasta.
- Add lettuce, tomato, onion, and cucumber to sandwiches.
- Order salads, vegetable soups, or stir-fried vegetables when eating out.
- Choose beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries.



This information is provided by the Lafayette County UW-Extension Family Living and Nutrition Education Programs in conjunction with the "Wellness is the Weigh to Go" Program.

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Chickpea Pasta Salad with Oranges

Recipe Summary:

Preparation time: 1 hour, 15 minutes
 Number of servings: 6
 Cups of Fruit and Vegetables per Person: 1.00

Ingredients:

- 4– ounces multicolored corkscrew pasta, uncooked
- 2 naval oranges, separated into segments and halved
- 15 oz can garbanzo beans, rinsed and drained
- 3/4 cup broccoli florets
- 2 1/4 oz can black olives, drained
- 1/2 cup sliced green onion
- 1 cup diced red bell pepper
- 1/4 cut red wine vinegar
- 1/4 cup orange juice
- 1 Tbsp canola oil
- 1 tsp basil, dried or fresh
- 1 tsp crushed oregano
- 1/2 tsp rosemary, dried or fresh
- 1 clove garlic minced
- 1/4 tsp black pepper

Directions:

Cook pasta according to package directions; drain. Rinse with cold water, drain well again. In a large bowl, combine pasta, orange sections, garbanzo beans, broccoli, red bell pepper, olives and green onion. Combine red wine vinegar, orange juice, canola oil, basil, oregano, rosemary, garlic and black pepper in a container with a lid. Cover and shake until blended. Pour dressing mixture over pasta mixture; toss to coat. Cover and chill at least 1 hour, stirring occasionally.



Nutrition Facts	
Chickpea Pasta Salad with Oranges	
Serving Size 1/6 salad	
Amount Per Serving	
Calories 230	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 0 mg	
Sodium 310mg	
Total Carbohydrates 41g	
Dietary Fiber 6g	
Sugars 7g	
Protein 7g	
Vitamin A	25%
Vitamin C	150%
Calcium	8%
Iron	15%
* Percent Daily Values are based on a 2000 calorie diet. *	

Diabetic Exchange**

Fruit: 0
Vegetables: 0
Meat: 0
Milk: 0
Fat: 1
Carbs: 2
Other: 0

** Diabetic exchanges are calculated based on the American Diabetics Association Exchange System. He site rounds exchanges up or down to equal whole numbers therefore, partial exchanges are not included. **