

Subject: Month 2, Focus on Fruits and Vary your Veggies!!

Hello and thanks for participating in the Griffin Hospital Produce Prescription Program!

Now you are well on your way, using those fruit and vegetable gift each month and seeing your household enjoy more fruits and vegetables. Last month, we shared with you resources on MyPlate. This week we are going to focus on two of those 5 food groups, Fruits and Vegetables

Just like last month, below is an assortment of resources and opportunities that might be helpful to you and your family.

Let's get started!

Classes available this month

EFNEP @

Classes with Griffin Population Health

Local Health Department

Want to work 1 on 1 with a health coach? Please ask for a referral and we will set you up!

An Introduction to Fruits and Vegetables as Food Groups

Focus on whole fruits.

What foods are in the Fruit Group?

The Fruit Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. Fruits can be eaten whole, cut up, pureed (mashed), or cooked. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

Vary your veggies.

What foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups based on their nutrients: dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables.

Learn more about this week's focus, Fruits and Vegetables

Why is it important to eat fruit?

Eating fruit has many health benefits. People who eat fruits and vegetables as part of an overall diet may lower their risk for certain diseases. Fruits provide nutrients needed to maintain your health and body.

Health Benefits

All food and beverage choices matter. Focus on variety, amount, and nutrition.

- Eating foods such as fruits that are lower in calories per cup, instead of other higher calorie foods, may help lower overall calorie intake.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce the risk for heart disease, including heart attack and stroke.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancers.
- Adding fruit can help increase the amount of fiber and potassium we eat. These are important nutrients that many people do not get enough of.

Why is it important to eat vegetables?

Eating vegetables provides health benefits. People who eat fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some diseases. Vegetables provide nutrients vital for the health and maintenance of the body.

Health Benefits

All food and beverage choices matter. Focus on variety, amount, and nutrition.

- As part of an overall healthy diet, eating foods lower in calories per cup, such as vegetables, instead of higher-calorie food may help you lower your calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk for heart disease, including heart attack and stroke.

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables helps increase fiber and potassium, which many Americans do not get enough of.

To find more recipes try this!

Each and every month we will share with you more resources to help you find new and exciting ways to eat healthy and enjoy that abundance of produce. For us to include recipes in our monthly shares they need to meet certain criteria. They should focus on foods that promote health and wellbeing, like fruits and vegetables and limit ingredients that are less healthful like sodium, saturated fat and sugar.

This month we encourage you to give this recipe search engine a try! It's brought to us by Connecticut's SNAP Ed. We like this resource because you can search by food category/group.

<https://www.snap4ct.org/recipes.html>

Other resources you might like- this week... simple swaps to make recipes work for you

Simple swaps:

<https://cookingmatters.org/tips/#simple-swaps>

<https://masnaped.org/featured-video/simple-swaps-for-delicious-meals/>Fruit and Veg swaps:
https://r.search.yahoo.com/_ylt=AwrErN0wKv5jEilSj3dXNyoA;_ylu=Y29sbwNiZjEEcG9zAzYEdnRpZAMEc2VjA3Ny/RV=2/RE=1677630129/RO=10/RU=https%3a%2f%2fextension.usu.edu%2ffscreate%2ffiles%2f2017-18-staff%2fCF%20Fruit%20Veggie%20Swaps.pdf/RK=2/RS=ZZOCmWQYRwaiipyIT1q41.pm4n8-