

Vary Your Fruits and Veggies

Choose fresh, frozen, and canned produce to meet your daily goals.

Choose from all the color groups. Check out what each color can do for you.

Red

- Improved memory
- A healthy heart
- Lower risk for some cancers



Orange/Yellow

- Sharp vision
- A healthy heart
- Strength to fight off colds and illness
- Lower risk for some cancers



White

- A healthy heart



Green

- Sharp vision
- Strong bones and teeth
- Lower risk for some cancers



Blue/Purple

- Good memory
- Healthy aging
- Lower risk for some cancers



Eat different parts of the plant that appeal to your tastes.

Seeds

Lima beans, pinto beans, pumpkin seeds, black beans, peas, dry split peas, corn



Roots

Beets, onions, carrots, parsnips, potatoes, radishes, rutabaga, sweet potatoes, jicama



Stems

Asparagus, bamboo shoots, bok choy, broccoli, celery, rhubarb



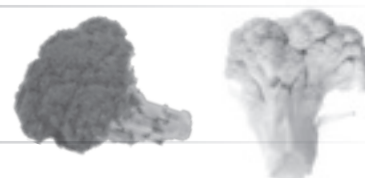
Leaves

Brussels sprouts, parsley, cabbage, spinach, collards, turnip greens, kale, chard, lettuce, endive, watercress



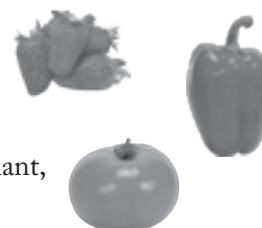
Flowers

Broccoli, cauliflower



Fruit

Apples, avocados, grapes, cucumbers, bananas, pumpkins, bell peppers, dates, grapefruit, berries, eggplant, plums, melons, oranges, strawberries, tomatoes





▶ WHAT COUNTS AS 1 CUP?

Each food shown below counts as 1 cup of fruit or vegetables.

▶ FRUITS

Many people need to eat 2 cups from the fruits group each day.*



1 cup of chopped fruit like fruit cocktail counts as 1 cup



½ cup of dried fruit like raisins counts as 1 cup



1 large banana counts as 1 cup



32 red seedless grapes count as 1 cup



1 cup (8 ounces) of 100% fruit juice counts as 1 cup

▶ VEGETABLES

Many people need to eat 2½ cups from the vegetables group each day.*



2 cups of leafy greens like raw spinach counts as 1 cup



1 large sweet potato counts as 1 cup



12 baby carrots count as 1 cup



1 cup of cooked black beans counts as 1 cup



1 cup of cooked vegetables like green beans counts as 1 cup

*The amounts are for a person on a 2,000-calorie daily food plan. The amount of fruits and vegetables may vary depending on the age, gender, and physical activity level of each person.

To find the right amount of fruits and vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or SuperTracker.usda.gov.

MAINE PRODUCE SEASON AVAILABILITY

A publication of the Maine Department of Agriculture, Conservation and Forestry, Agricultural Resource Development Division, 28 State House Station, Augusta, ME 04333-0028, 207-287-7625, getrealmaine@maine.gov and www.getrealmaine.com

FRUIT JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES												
BLACKBERRIES												
BLUEBERRIES, HIGHBUSH												
BLUEBERRIES, WILD												
CANTALOUPES												
CRANBERRIES												
GRAPES												
PEACHES												
PEARS												
PLUMS												
RASPBERRIES												
RHUBARB												
STRAWBERRIES												
WATERMELON												
VEGETABLES												
ARUGULA												
ASPARAGUS												
BEANS (SNAP, WAX)												
BEANS (DRY)												
BEETS												
BEET GREENS												
BOK CHOY												
BROCCOLI												
BRUSSEL SPROUTS												
CABBAGE												
CHINESE CABBAGE												
CARROTS												
CAULIFLOWER												
CELERY												
CHARD												
CORN (SWEET)												
CUCUMBERS												
EGGPLANT												
FIDDLEHEADS												
GARLIC												
KALE/COLLARDS												
LEEKS												
LETTUCE/SPINACH/MIXED GREENS												
MORELS												
MUNG BEANS												
MUSHROOMS (CULTIVATED)												
ONIONS (BULB)												
PARSLEY												
PARSNIP												
PEAS (SHELL)												
PEAS (EDIBLE POD)												
PEPPERS												
POTATOES												
PUMPKINS												
RADISHES												
RUTABAGA												
SCALLIONS												
SHALLOTS												
SQUASH (SUMMER, ZUCCHINI)												
SQUASH (WINTER)												
SWEET POTATOES												
SWISS CHARD												
TOMATOES												
TURNIP												

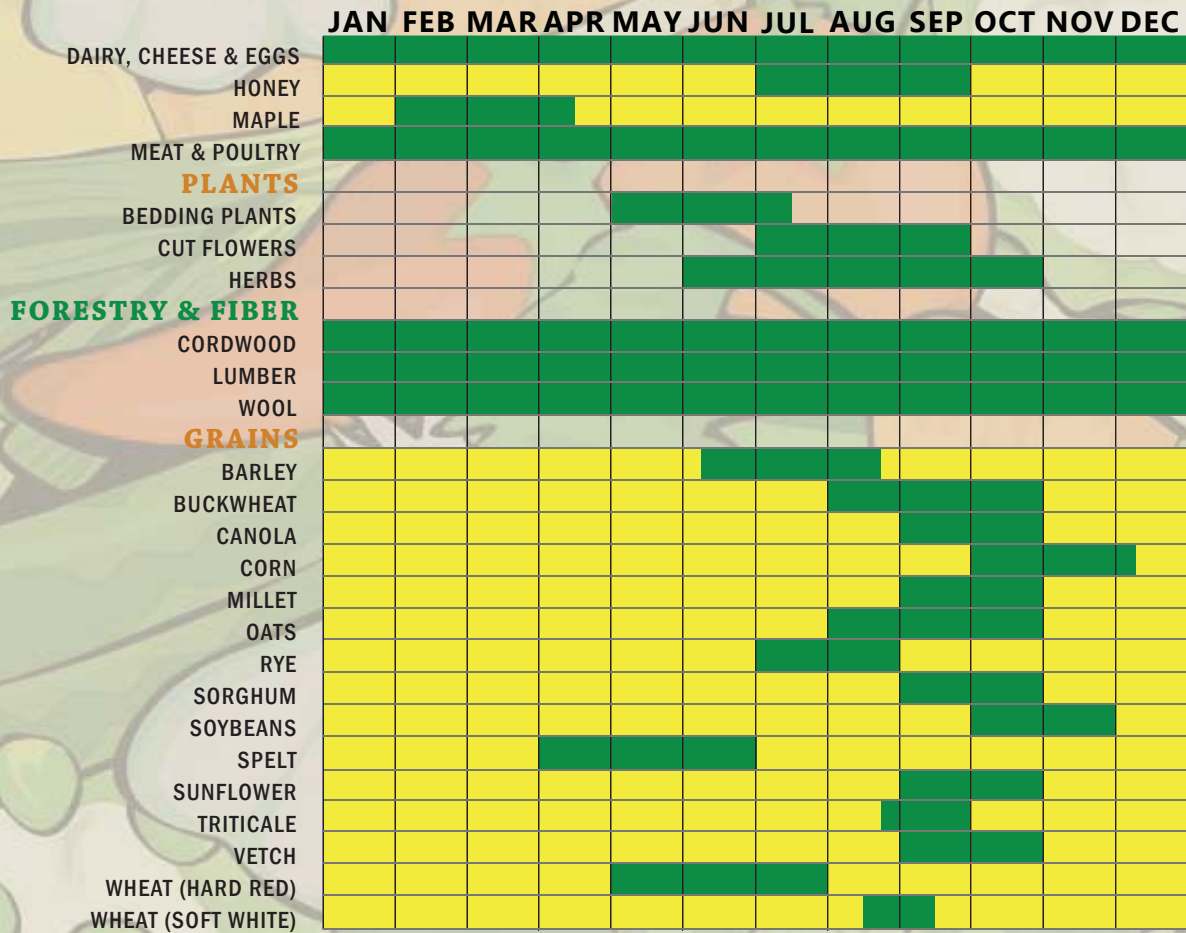
Key

- HARVEST SEASON
- EXTENDED SEASON OR FROM GREENHOUSE
- AVAILABLE FROM STORAGE



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Please note: the bars represent average dates for the state of Maine. Availability of products can vary widely based upon weather, locality, variety grown and other conditions such as pests or disease outbreak. This chart is meant to serve as a guideline for the purchase of fresh, wholesome Maine-grown products. Look for the *Get Real. Get Maine!* logo at your local grocery store, farmer's market or farm stand.

For more information on Maine produce, growing techniques and resources, please visit the following websites:

Maine Department of Agriculture, Conservation and Forestry: Division of Animal and Plant Health:
<http://www.maine.gov/dacf/php/index.shtml>

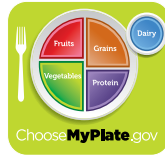
UMaine Cooperative Extension: Agriculture:
<http://umaine.edu/agriculture/programs/>

UMaine Cooperative Extension: Grains & Oilseeds:
<http://umaine.edu/grains-oilseeds/>

Johnny's Selected Seeds: Grower's Library:
<http://www.johnnyseeds.com/t-growers-library-index.aspx>

The Great American Seed Company: Vegetable Gardening Basics:
<http://www.greatamericalseed.com/vegetable-gardening-basics/>

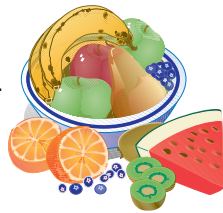




Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 **Keep visible reminders**
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 **Experiment with flavor**
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

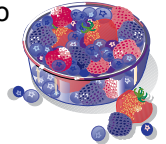
3 **Think about variety**
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 **Don't forget the fiber**
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 **Include fruit at breakfast**
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6 **Try fruit at lunch**
At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



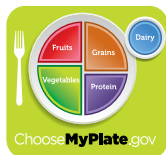
7 **Enjoy fruit at dinner, too**
At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8 **Snack on fruits**
Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 **Be a good role model**
Set a good example for children by eating fruit every day with meals or as snacks.

10 **Keep fruits safe**
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.





Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



3 Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

6 Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



10 Vary your veggies

Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.