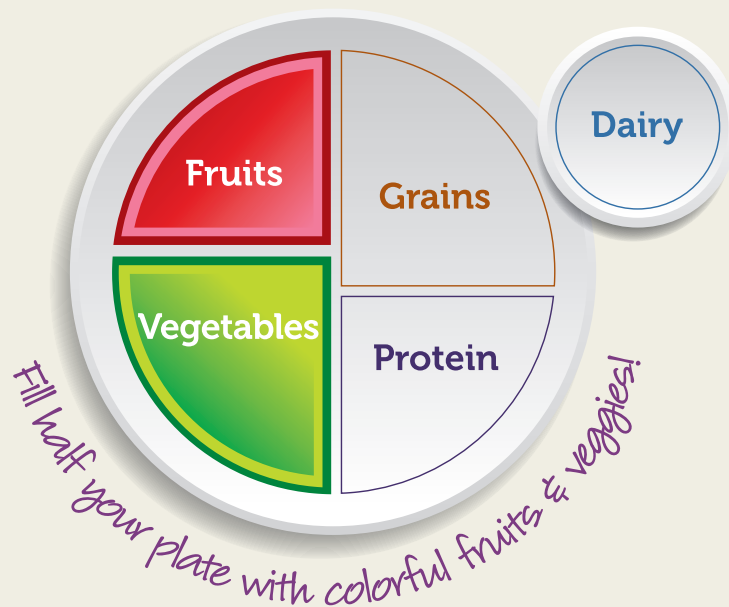


RAINBOW OF FRUITS & VEGGIES



ALL FORMS COUNT

Fresh, frozen, canned and dried are all nutritious and handy for quick-fix meals.

EAT MORE!

Follow these tips to eat
MORE fruits and veggies:

- Plan for fruits and veggies to be the center of the plate – then add whole grains and protein.
- Keep fruits and veggies visible on the counter. Fruit is a great grab-and-go snack for everyone in the family.
- Use fruits and vegetables for snacks.
- Try a new fruit or vegetable each week, or prepare a familiar fruit and veggie in a new way.
- Buy plain frozen veggies and season with herbs, garlic, or lemon juice to flavor.



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SHOPPING & PREPARATION TIPS:

- Many fruits and veggies are available year-round. Choose in-season produce for maximum flavor, nutrition, and affordability.
- To learn what fruits and veggies are most plentiful each season, visit fruitsandveggiesmorematters.org.
- The most expensive fruits and veggies are the ones that get thrown away. Use fresh fruits and veggies first - then canned and frozen.

STORING

- Keep tomatoes, bananas, potatoes, onions, and unripe fruit at room temperature.
- Store other produce in the crisper or in moisture-resistant wrap in the refrigerator.

WASHING

- Wash fresh produce right before it is eaten.
- Wash fruits and veggies under cold running water but do not use any detergent or soap.
- A soft brush can be used to remove surface dirt from produce that has a firm skin.

COOKING

- Veggies can be steamed, sauteed, grilled, and roasted.
- To roast veggies, drizzle with olive and your favorite seasoning. Bake at 400F until tender and golden brown.

Visit giantfood.com/savory
for recipe ideas.

EAT THE RAINBOW – EVERY COLOR PROVIDES A DIFFERENT HEALTH BENEFIT

Fruits and veggies provide vitamins, minerals, fiber, and phytochemicals your body uses to maintain a healthy weight, protect against the effects of aging, and reduce the risk of heart disease, type 2 diabetes, high blood pressure, and some cancers.

Red – Lycopene, beta-carotene, and anthocyanins are antioxidants that provide the red color and promote heart health and memory.

- FRUITS – apples, cherries, cranberries, red grapes, red pears, red grapefruit, pomegranates, raspberries, strawberries, tomatoes, watermelon
- VEGGIES – beets, red peppers, radicchio, red onions, red potatoes, rhubarb

Orange & Yellow – Carotenoids and bioflavonoids help maintain a healthy immune system, maintain good eyesight, keep skin healthy, and lower risk of heart attack.

- FRUITS – apricots, tangerines, cantaloupe, star fruit, pineapples, grapefruit, nectarines, tangerines, papayas, peaches, oranges, persimmons, lemons, mangoes, yellow melons
- VEGGIES – butternut squash, carrots, pumpkin, sweet peppers, sweet potatoes, rutabagas, summer squash, yellow tomatoes

Green – Lutein, folate, vitamin K, and other compounds promote eye health, strong bones and teeth, and heart health.

- FRUITS – avocados, apples, grapes, olives, honeydew, kiwi, limes, pears
- VEGGIES – artichokes, arugula, asparagus, broccoli rabe, broccolini, Brussels sprouts, edamame, endive, green beans, green onions, cabbage, celery, leeks, okra, spinach, sugar snap peas, zucchini

Blue & Purple – Anthocyanins are powerful antioxidants linked with improved memory function and healthy aging.

- FRUITS – blackberries, blueberries, black currants, black olives, dried plums, elderberries, figs, grapes, plums, raisins
- VEGGIES – eggplant, purple Belgian endive, purple potatoes

Brown & White – Contain phytochemicals that help maintain a healthy immune system, protect against heart disease, and reduce risk of cancer.

- FRUITS – bananas, brown pears, dates, white nectarines, white peaches
- VEGGIES – cauliflower, ginger, jicama, kohlrabi, mushrooms, onions, parsnips, potatoes, turnips, white corn

Find these and more at your local Giant!



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TO FIND A NUTRITIONIST NEAR YOU!