

# Make Half Your Plate Fruits and Vegetables

## Instructions

- Page 2 and 3 are title pages.
- Pages 4, 5, and 6 have key messages and may be placed in the center of the bulletin board.
- Pages 7, and 9 are question pages and the following pages are the answers. Display the question pages over the correct answer page on the bulletin board. (i.e. 7 over 8 and 9 over 10)
- Decorate the rest of the bulletin board however you like.
- Page 11 is to go with the correct handout. The title of the handout is on the bottom of the slide.

The handouts can be found on the ChooseMyPlate.gov website, under 10 Tip Series.  
[www.choosemyplate.gov/tipresources/tentips.html](http://www.choosemyplate.gov/tipresources/tentips.html)



**Make Half  
Your Plate**

# Fruits and Vegetables

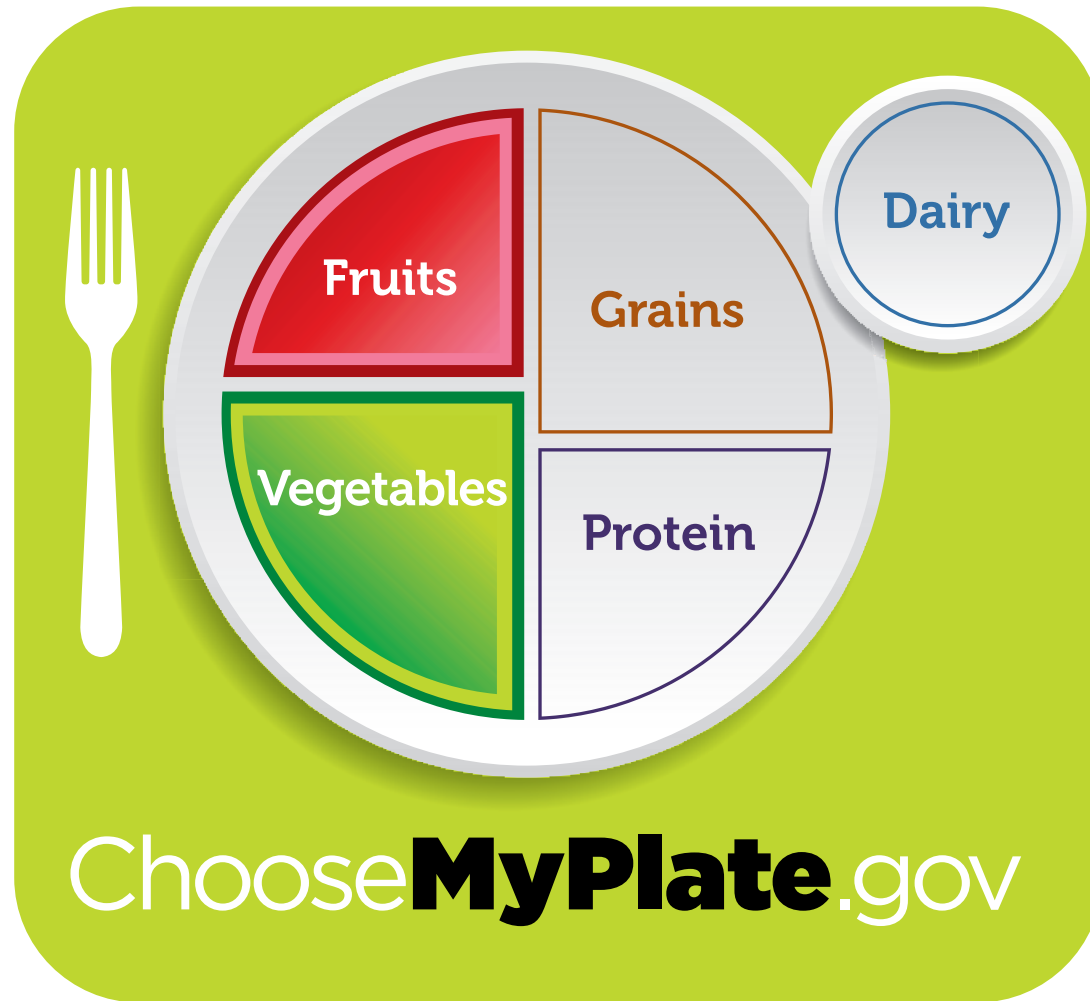


# Delicious *and* Healthy

**Fruits and vegetables are full of vitamins, minerals, and fiber**

- Vitamins and minerals help our bodies grow and stay healthy
- Fiber reduces the risk for heart disease
- Fruits and vegetables are naturally low in fat, sodium, and calories





**Use MyPlate as a guide to help you build a healthy meal.**

# Brighten Your Plate

**Choose vegetables that are red, orange, or dark green**

**Try:**

- Acorn Squash
- Cherry Tomatoes
- Collard Greens
- Broccoli
- Carrots
- Sweet Potatoes
- Spinach
- Romaine Lettuce

**Choose fruits that provide potassium, fiber, vitamin C, and folate**

**Try:**

- Oranges
- Apples
- Pineapple
- Kiwi
- Peaches
- Bananas
- Pears
- Strawberries
- Blueberries
- Grapes
- Tangerines
- Mangoes





**How can  
I add more  
fruits and  
vegetables to  
my meals?**



**Lift for Answer**



# ***Bring healthy foods to your table***

■ **Add vegetables to casseroles or pasta dishes**



Try onions, peas, pinto beans, peppers, spinach, cherry tomatoes, or red beans

■ **Add fruit to your favorite muffin recipe**



Try apples, bananas, blueberries, or pears

■ **Add vegetables to your sandwiches**



Try sliced tomatoes, romaine lettuce, onions, or avocado

■ **Make a tasty fruit smoothie for dessert**



Blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice





**What kinds of  
fruits and  
vegetables can  
I buy with my  
Fruit and  
Vegetable  
voucher?**



**Lift for Answer**



# *Fruits and Vegetables*

## **Fresh**

- Any variety of fruits
- Any variety of vegetables except white potatoes

## **Frozen**

- Any brand of frozen fruits or fruit mixtures with no added sugar
- Any brand of frozen vegetables, except potatoes, products with sauce, and mixtures with added pasta, rice, or other grains

## **Canned**

- Any brand packed in water or juice
- Any brand of vegetables without potatoes, pasta, rice, or sauce
- Creamed vegetables are not allowed





**Please  
Take One**

**Liven Up Your  
Meals with Fruits  
and Vegetables**





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