



Fruits and Vegetables Parent Handout

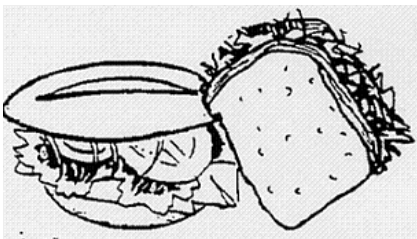
Eat more Vegetables and Fruit

Your health will be better if you eat more vegetables and fruits. Use more vegetables in dishes you prepare everyday. If fresh vegetables are not available, or are too expensive, try frozen ones. **Frozen and canned vegetables can be as nutritious as fresh ones.**



Eat tacos and tostadas with vegetables

- ◆ Prepare tacos and tostados with tomatoes, bell pepper, carrots, cabbage, and other vegetables.
- ◆ Eat soft tacos instead of fried ones.



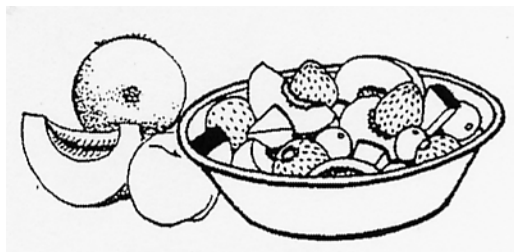
Prepare sandwiches and tortas with vegetables

- ◆ Add more vegetables to sandwiches and tortas.
- ◆ If you use sandwich spreads prepare or purchase non-fat spreads.



Use more vegetables in soups

- ◆ Enrich soups, “cocidos,” and “caldos,” preparing them with almost any kind of vegetable.
- ◆ Try corn, carrots, spinach, sweet potato and broccoli.



Eat more fruits

- ◆ Fruits and fruit salads are healthy foods.
- ◆ Use them as desserts or snacks, for children and adults, instead of high-sugar, high-fat foods.