



# More Fruits & Veggies



## How to Use Fruits and Vegetables to Help Manage Your Weight

Fruits and vegetables are part of a healthy eating plan. There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. In addition, diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

### To lose weight eat fewer calories than your body uses.

This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories.

### Smart Snacks

Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a health snack with only 100 calories. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of strawberries, AND 1 cup of carrots with 1/4 cup of low-cal dip.

### Remember: Substitution is the key.

It's true that fruits and vegetables are lower in calories than many other foods, but they do contain some calories. If you start eating fruits and vegetables in addition to what you usually eat, you are adding calories and may gain weight. The key is substitution. Eat fruits and vegetables instead of some other higher-calorie food.

### About 100 Calories or Less

a medium-size apple

72 calories

a medium-size banana

105 calories

1 cup green beans

44 calories

1 cup blueberries

83 calories

1 cup grapes

100 calories

1 cup carrots

45 calories

1 cup broccoli

30 calories

## Storage 101

Great tasting fruits and vegetables begin with proper storage at home. Use the FIFO rule: First In, First Out. Use whatever is oldest first and continually rotate your stock to ensure freshness and reduce waste. The FIFO rule applies to all types of foods—fresh, frozen, canned and dried.

### Fresh

Fresh foods are best used the day of purchase, or within several days. Some, like potatoes and carrots, can be kept longer if stored properly. Some fresh items, such as peaches, plums and nectarines, can be left at room temperature until ripe, then refrigerated until ready to use. Some fresh items, like tomatoes, should never be refrigerated, because cold damages texture and taste.

### Frozen

All frozen foods should be stored at 0 degrees Fahrenheit or less. The maximum length of storage for frozen items varies, but for most fruits and vegetables a good rule is six months.

### Canned

Most canned foods have a shelf life of about two years, if they are stored at a constant temperature of about 75 degrees Fahrenheit, and as long as the can is not leaking or bulging.

### Dried

Dried foods should be stored in cool, dry, dark areas. Storing in airtight containers in the refrigerator is a great option. Recommended storage times for dried foods range from 4 months to 1 year.



Source:  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

# Vegetables



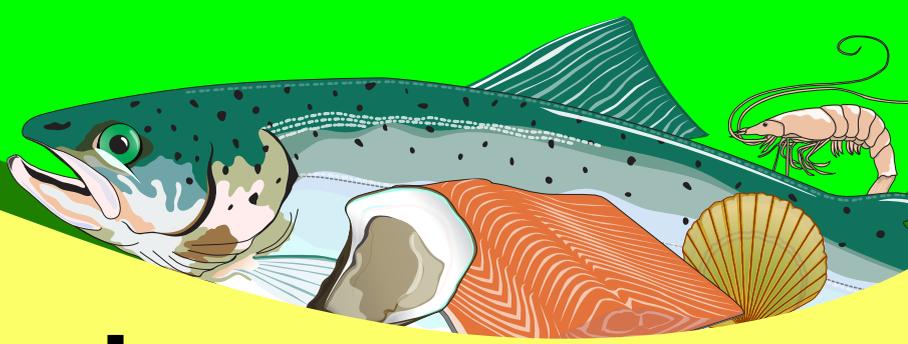
## Nutrition Facts

Raw, edible weight portion.  
Percent Daily Values (%DV) are  
based on a 2,000 calorie diet.

Vegetables Serving Size (gram weight/ounce weight)	Calories	Calories from Fat	Total Fat	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			g %DV	mg %DV	mg %DV	g %DV	g %DV	g	g	%DV	%DV	%DV	%DV
<b>Asparagus</b> 5 spears (93 g/3.3 oz)	20	0	0 0	0 0	230 7	4 1	2 8	2g	2g	10%	15%	2%	2%
<b>Bell Pepper</b> 1 medium (148 g/5.3 oz)	25	0	0 0	40 2	220 6	6 2	2 8	4g	1g	4%	190%	2%	4%
<b>Broccoli</b> 1 medium stalk (148 g/5.3 oz)	45	0	0.5 1	80 3	460 13	8 3	3 12	2g	4g	6%	220%	6%	6%
<b>Carrot</b> 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0 0	60 3	250 7	7 2	2 8	5g	1g	110%	10%	2%	2%
<b>Cauliflower</b> 1/6 medium head (99 g/3.5 oz)	25	0	0 0	30 1	270 8	5 2	2 8	2g	2g	0%	100%	2%	2%
<b>Celery</b> 2 medium stalks (110 g/3.9 oz)	15	0	0 0	115 5	260 7	4 1	2 8	2g	0g	10%	15%	4%	2%
<b>Cucumber</b> 1/3 medium (99 g/3.5 oz)	10	0	0 0	0 0	140 4	2 1	1 4	1g	1g	4%	10%	2%	2%
<b>Green (Snap) Beans</b> 3/4 cup cut (83 g/3.0 oz)	20	0	0 0	0 0	200 6	5 2	3 12	2g	1g	4%	10%	4%	2%
<b>Green Cabbage</b> 1/12 medium head (84 g/3.0 oz)	25	0	0 0	20 1	190 5	5 2	2 8	3g	1g	0%	70%	4%	2%
<b>Green Onion</b> 1/4 cup chopped (25 g/0.9 oz)	10	0	0 0	10 0	70 2	2 1	1 4	1g	0g	2%	8%	2%	2%
<b>Iceberg Lettuce</b> 1/6 medium head (89 g/3.2 oz)	10	0	0 0	10 0	125 4	2 1	1 4	2g	1g	6%	6%	2%	2%
<b>Leaf Lettuce</b> 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0 0	35 1	170 5	2 1	1 4	1g	1g	130%	6%	2%	4%
<b>Mushrooms</b> 5 medium (84 g/3.0 oz)	20	0	0 0	15 0	300 9	3 1	1 4	0g	3g	0%	2%	0%	2%
<b>Onion</b> 1 medium (148 g/5.3 oz)	45	0	0 0	5 0	190 5	11 4	3 12	9g	1g	0%	20%	4%	4%
<b>Potato</b> 1 medium (148 g/5.3 oz)	110	0	0 0	0 0	620 18	26 9	2 8	1g	3g	0%	45%	2%	6%
<b>Radishes</b> 7 radishes (85 g/3.0 oz)	10	0	0 0	55 2	190 5	3 1	1 4	2g	0g	0%	30%	2%	2%
<b>Summer Squash</b> 1/2 medium (98 g/3.5 oz)	20	0	0 0	0 0	260 7	4 1	2 8	2g	1g	6%	30%	2%	2%
<b>Sweet Corn</b> kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5 4	0 0	250 7	18 6	2 8	5g	4g	2%	10%	0%	2%
<b>Sweet Potato</b> 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0 0	70 3	440 13	23 8	4 16	7g	2g	120%	30%	4%	4%
<b>Tomato</b> 1 medium (148 g/5.3 oz)	25	0	0 0	20 1	340 10	5 2	1 4	3g	1g	20%	40%	2%	4%

Most vegetables provide negligible amounts of saturated fat, *trans* fat, and cholesterol.

# Seafood



## Nutrition Facts

Cooked (by moist or dry heat with no added ingredients), edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Seafood Serving Size (84 g/3 oz)	Calories	Calories from Fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Potassium		Total Carbohydrate	Protein	Vitamin A	Vitamin C	Calcium	Iron
			g	%DV	g	%DV	mg	%DV	mg	%DV	mg	%DV						
<b>Blue Crab</b>	100	10	1	2	0	0	95	32	330	14	300	9	0	20g	0%	4%	10%	4%
<b>Catfish</b>	130	60	6	9	2	10	50	17	40	2	230	7	0	17g	0%	0%	0%	0%
<b>Clams</b> , about 12 small	110	15	1.5	2	0	0	80	27	95	4	470	13	6	17g	10%	0%	8%	30%
<b>Cod</b>	90	5	1	2	0	0	50	17	65	3	460	13	0	20g	0%	2%	2%	2%
<b>Flounder/Sole</b>	100	15	1.5	2	0	0	55	18	100	4	390	11	0	19g	0%	0%	2%	0%
<b>Haddock</b>	100	10	1	2	0	0	70	23	85	4	340	10	0	21g	2%	0%	2%	6%
<b>Halibut</b>	120	15	2	3	0	0	40	13	60	3	500	14	0	23g	4%	0%	2%	6%
<b>Lobster</b>	80	0	0.5	1	0	0	60	20	320	13	300	9	1	17g	2%	0%	6%	2%
<b>Ocean Perch</b>	110	20	2	3	0.5	3	45	15	95	4	290	8	0	21g	0%	2%	10%	4%
<b>Orange Roughy</b>	80	5	1	2	0	0	20	7	70	3	340	10	0	16g	2%	0%	4%	2%
<b>Oysters</b> , about 12 medium	100	35	4	6	1	5	80	27	300	13	220	6	6	10g	0%	6%	6%	45%
<b>Pollock</b>	90	10	1	2	0	0	80	27	110	5	370	11	0	20g	2%	0%	0%	2%
<b>Rainbow Trout</b>	140	50	6	9	2	10	55	18	35	1	370	11	0	20g	4%	4%	8%	2%
<b>Rockfish</b>	110	15	2	3	0	0	40	13	70	3	440	13	0	21g	4%	0%	2%	2%
<b>Salmon</b> , Atlantic/Coho/Sockeye/Chinook	200	90	10	15	2	10	70	23	55	2	430	12	0	24g	4%	4%	2%	2%
<b>Salmon</b> , Chum/Pink	130	40	4	6	1	5	70	23	65	3	420	12	0	22g	2%	0%	2%	4%
<b>Scallops</b> , about 6 large or 14 small	140	10	1	2	0	0	65	22	310	13	430	12	5	27g	2%	0%	4%	14%
<b>Shrimp</b>	100	10	1.5	2	0	0	170	57	240	10	220	6	0	21g	4%	4%	6%	10%
<b>Swordfish</b>	120	50	6	9	1.5	8	40	13	100	4	310	9	0	16g	2%	2%	0%	6%
<b>Tilapia</b>	110	20	2.5	4	1	5	75	25	30	1	360	10	0	22g	0%	2%	0%	2%
<b>Tuna</b>	130	15	1.5	2	0	0	50	17	40	2	480	14	0	26g	2%	2%	2%	4%

Seafood provides negligible amounts of *trans* fat, dietary fiber, and sugars.