

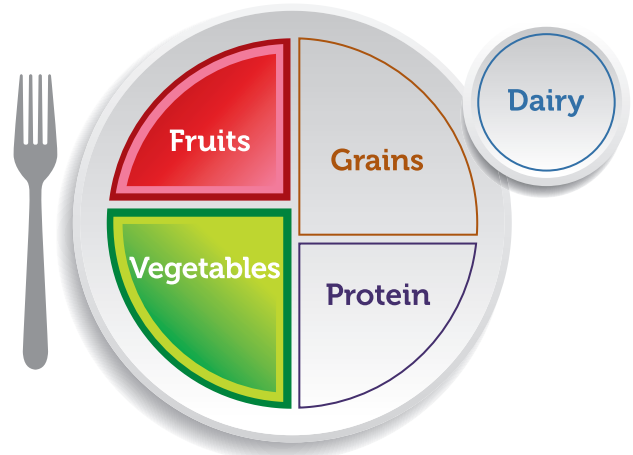
Health Benefits of Fruits and Vegetables



- Heart Disease
- Type 2 Diabetes
- Cancer

Add More Fruits and Vegetables to Your Day

- Keep a bowl of whole fruit on the table or visible in the refrigerator.
- Throw in extra vegetables or fruit to a recipe.
- Add vegetables to a sandwich or omelet.
- Make a bean or hummus dip for vegetables.
- Grab vegetables when you need a crunchy snack.
- Pre-package and wash vegetables so they are grab and go.
- Order a side of vegetables if out to dinner.
- Rinse canned vegetables.
- Choose canned fruit packed in 100% juice.
- Choose bean-based meals.



Fill half your plate with fruits and vegetables!

Get Creative with a Variety of Vegetables



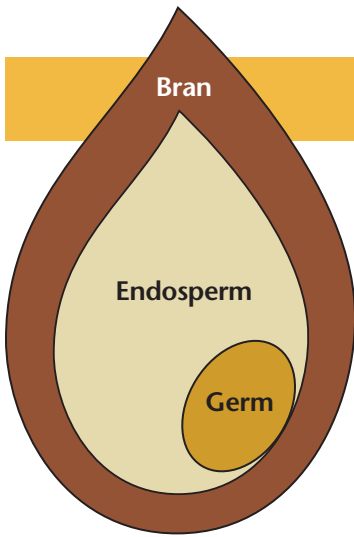
GRILL THEM!



ROAST THEM!



STEAM THEM!



Whole Grain

- | | |
|-------------|--------------|
| Whole wheat | Buckwheat |
| Whole corn | Triticale |
| Popcorn | Bulgur |
| Brown rice | Quinoa |
| Whole rye | Sorghum |
| Whole oats | Whole barley |
| Wild rice | |

Eating at least 3 servings of whole grains is associated with decreased abdominal fat, type 2 diabetes, cancer, and heart disease.

Whole grains are less processed and contain more vitamins and minerals.

Identifying Whole Grains:

- Look at the ingredient list to determine if a food is a whole grain.
- Whole grain must be listed as the first ingredient to count as a whole grain.
- Just because a food contains fiber, it does not mean it is whole grain.



Choose low-sugar, whole-grain cereals

- Less than 6 grams of sugar per serving
- Whole grain listed first





Peanut Vegetable Stir-Fry

Makes 2 servings
Serving Size: 1 cup

NUTRITION FACTS

Calories 344
Total Fat 19g
Saturated Fat 2g
Protein 10g
Carbohydrate 28g
Dietary Fiber 5g
Sodium 625mg
Sugar 5mg

Ingredients

- 2 cups of fresh or frozen mixed stir fry vegetables
- 1 tablespoon of canola oil
- 3 tablespoons of peanut butter
- 3 tablespoons of low-sodium soy sauce
- 2 tablespoons of unsweetened applesauce
- 1 teaspoon of cornstarch
- Pinch of red pepper flakes
- 1 cup brown rice, cooked

Directions

1. Cook rice according to directions.
2. Heat oil in a skillet on medium-high heat.
3. Combine peanut butter, soy sauce, apple sauce, cornstarch, pepper flakes, and 2 tablespoons of water. Mix well.
4. Add vegetables. Cook until tender.
5. Mix in peanut sauce. Stir until vegetables are well coated. If peanut sauce is a too thick, add water. Add cornstarch if too much liquid.
6. Serve over brown rice.

This is a lower-sodium stir fry without added sugar.

Can substitute whole grain pasta noodles for brown rice.



This is a great whole grain breakfast without added sugar. The apple juice adds natural sweetness.

Apple Cinnamon Oatmeal

Makes 2 servings | Serving Size: 1 cup

Ingredients

- 1 cup of 100% apple juice
- 1 cup of old fashioned plain oats
- 1/2 teaspoon of cinnamon
- 1/4 diced apple

Directions

1. Add all ingredients to a microwave-safe bowl.
2. Microwave on high for 2–2½ minutes.

Consider topping with nuts or raisins.

NUTRITION FACTS

Calories 228
Total Fat 3g
Saturated Fat 0.5g

Protein 5g
Carbohydrate 47g

Dietary Fiber 5g
Sodium 0mg

REFLECT AND CELEBRATE

How did you do with your Week 6 Step?



Take Control SMART GOAL (the goal you set Week 1)

Choose one or develop one of your own: By the end of the program...

I will increase my fruit and vegetable intake to _____ times for _____ days a week.

I will be active for _____ minutes for _____ days a week.

I will increase the cups of water I drink to _____ cups/day.

I will: _____

What is my motivation? Why will I do this?

PLAN AND TAKE ACTION

My SMART Step for Week 7 to work towards my goal:

What are some obstacles to achieving my Week 7 step?

What are some solutions to overcoming the obstacles?

Who can support me?

What did I learn today?

TRACK

Check off days that I achieved my Week 7 step:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday