

Fresh Fruit and Vegetable Resource Flyer 2011

<http://www.choosemyplate.gov/>

Balancing Calories

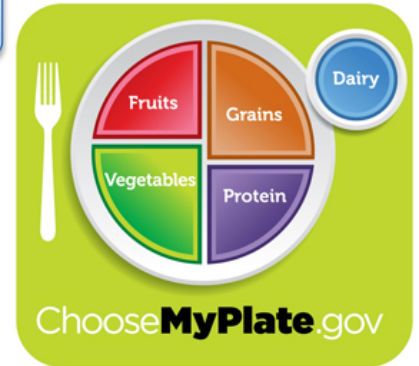
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.



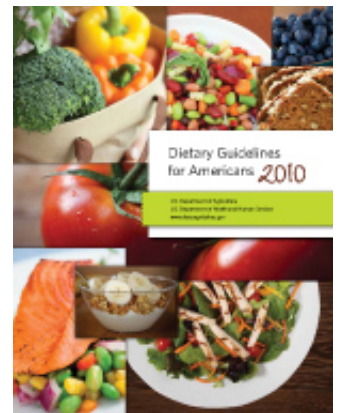
<http://www.farmtoschool.org/index.php>

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers.

<http://health.gov/dietaryguidelines/2010.asp>

The *Dietary Guidelines for Americans, 2010*, released on January 31, 2011, emphasize three major goals for Americans:

- Balance calories with physical activity to manage weight
- Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
- Consume fewer foods with sodium (salt), saturated fats, *trans* fats, cholesterol, added sugars, and refined grains



www.fruitsandveggiesmorematters.org



Look to us as your go-to experts on fruits, vegetables, and good health. Then spread the word, far and wide, that fruits and veggies provide the unrivaled combination of great taste, nutrition, abundant variety and multiple product forms.