

Fruits and Vegetables

Create Better Health Guide to Healthy Snacks for After School programs

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What's so good about Fruits and Vegetables?

The reasons are endless but what about color, variety, texture, convenience, fiber, low in calories? The list goes on and on!

Fruits and vegetables are nutritionally rich in vitamins and minerals including calcium, vitamins A & C, folate, iron, magnesium, and potassium. A diet high in fruits and vegetables can reduce your risk of many diseases.

Fruit and Vegetable tips

One of the greatest things about fruits and vegetables is that they can be served so many different ways. Fresh, frozen, dried, juiced, and canned, the taste possibilities are endless!

Remember if you are serving canned fruit choose fruit canned in water or its own juice for a healthier alternative to those canned in heavy syrup.

<https://www.choosemyplate.gov/eathealthy/vegetables>

Fruit & Vegetable Snack Ideas

- Ants on a log (celery, peanut butter, and raisins)
- Sugar free frozen fruit bars
- Chips and homemade salsa
- Frozen grapes
- Tropical blueberry smoothie
- Fruit pizza
- Jello Jigglers™
- Fresh fruit and yogurt dip
- Fresh vegetables with reduced fat cottage cheese dip
- Fruit smoothies
- Fruit salad
- Fruit and Vegetables kabobs
- Chef salad
- Tortilla chips and guacamole
- Fresh veggies and low-fat ranch dip
- Applesauce
- Fruit jerky

Don't forget to look for fruits and veggies in other food groups like yogurt with fruit chunks!

For a quick, ready to go snack, look for healthier versions of processed foods made from 100% fruit and vegetables or juice!



Tropical Blueberry Smoothie

- 1 can (8 oz.) crushed pineapple, drained
- 1 medium banana, frozen
- 1 cup 2% or low-fat milk
- 1 cup frozen blueberries

Combine all ingredients in a blender. Cover and blend until thick and smooth.

Serve immediately. Makes about 3 cups.

Adapted from www.dole.com



Black Bean & Corn Salsa

- 2 cans of black beans, rinsed and drained
- 1 can of corn, drained
- 2 large tomatoes, chopped
- 1 avocado, chopped
- 1/2 small red onion, chopped
- 2 fresh jalapeños, seeded and chopped, optional
- 1 can sliced black olives, drained
- 1/4 cup of cilantro finely chopped
- 2 Tablespoons olive oil
- 1 Tablespoon red wine vinegar
- 3-4 Tablespoons lemon juice
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Mix olive oil, red wine vinegar, lemon juice, salt and pepper in a small bowl and set aside.

Combine all other ingredients and pour liquid mixture over and stir. Chill or serve immediately.

<https://extension.usu.edu/fsne/>

