

## Eating

**2 ½ cups of vegetables  
and 2 cups of fruits a  
day...**

- Improves your health
- **Helps you maintain a healthy weight**
- Reduces your risk of many diseases such as cancer, diabetes, heart disease, and high blood pressure

### How much is a serving of fruit or vegetable?

A cup from the vegetable group equals:

- 1 medium (baseball sized) vegetable
- 1 cup of raw or cooked vegetables
- 1 cup of 100% vegetable juice
- 2 cups of raw leafy greens



A cup from the fruit group equals:

- 1 medium (baseball sized) fruit
- 1 cup of fruit
- 1 cup of 100% fruit juice
- 1/2 cup of dried fruit



## Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program is part of the senior nutrition program, which provides a variety of nutrition services to seniors, aged 60 and over, with the greatest social and economic need.

The program is sponsored by the Georgia Department of Human Resources, (Division of Aging Services local Area Agencies on Aging.

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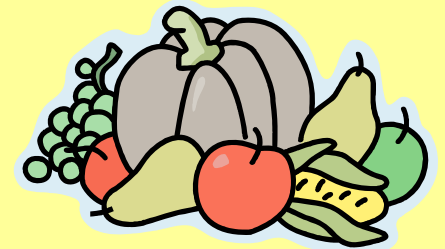
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# GEORGIA Senior Farmers' Market Nutrition Program



***Making it easier to add  
fresh fruits and  
vegetables to your diet  
and support local  
farmers, too!***



## Using Your Farmers' Market Checks

- Each check will be worth \$4 of fruits and vegetables. No change will be given.
- You cannot use your checks to buy cider, honey, eggs, nuts, **baked goods**, jam and jellies, flowers or potted plants.
- Report lost or stolen checks to the agency that gave you the checks. These checks will not be replaced.
- You must use checks between June 1 and Sept. 15, 2007.
- Use your checks only at markets that have a **Georgia Senior Farmers' Market Sign**.



## Easy Ways to Eat Fruits and Veggies

- Cut up raw veggies such as carrots, celery, broccoli, and cauliflower for snacks. Try these with a low-fat salad dressing as a dip.
- Place a dish of cut-up vegetables or fruit on the table at meal times.
- Top a bowl of yogurt, cereal, or low-fat ice cream with berries or slice fresh fruit.
- Include a green salad or vegetable soup with lunch or dinner.
- Have a bowl of fruit ready to eat on the counter.
- Fruit is delicious in salads too. Try adding apple slices or raisins to your next salad.
- Share a salad with a friend for dinner using lots of chopped veggies. Add cooked chicken or beans, shredded cheese or chopped nuts for protein.

**ENERGIZE YOUR LIFE –  
EAT HEALTHY, BE ACTIVE!**



## Storing and Preparing Fresh Fruits and Vegetables

- Store most produce in the crisper of your refrigerator, except the following:  
Vegetables like onions and potatoes should be stored in a dark cupboard or pantry.  
Tomatoes and unripe fruit should be kept at room temperature.
- Produce should be stored unwashed; however, always wash fruits and vegetables with running water before eating.



- Greens can be washed in a large bowl or sink of cold water. Change water a couple of times.
- To retain the most nutrients in fresh produce, steam or cook quickly.