

Why are Fruits and Veggies Important?

- Provide fibre to prevent diabetes, cancer, heart disease, and constipation.
- Fill you with fewer calories than many other snacks and can help you lose weight.
- Provide important nutrients like vitamin A, vitamin C, folate, and potassium.



Why are Fruits and Veggies Important?

- One serving of fruits/veggies is the size of a large handful.
- Dark green or orange fruits and vegetables have the most nutritional value.
- Frozen, dried, and canned fruits/veggies are as healthy, more available, and less expensive than fresh.

FOR MORE INFORMATION:
www.healthyfoodsnorth.ca

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Getting Fresh with Fruits and Veggies

A guide to buying, preparing, and eating fruits and vegetables

**Eat well.
Live long.
Pass it on.**



Honeydew

Buy: Heavy for their size and give slightly when pressed. Sweet smelling.

Store: Ripen at room temp, store in fridge.

Prepare: Cut in half, scoop out seeds. Cut into wedges. Rinse well. Eat inner part and throw out rind.



Cantaloupe

Buy: Press large indentation at end of melon. It should give gently. Sweet smelling.

Store: Ripen at room temp, store in fridge.

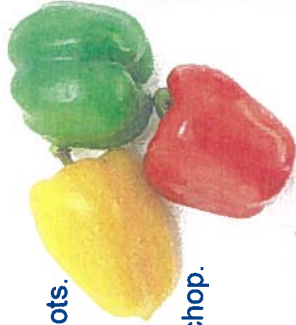
Prepare: Cut in half. Scoop out and throw away seeds. Cut fruit into slices. Rinse slices before eating. Eat inner part and throw out rind.

Green, Red and Yellow Peppers

Buy: Firm, bright colored, smooth, no spots.

Store: In a bag in fridge crisper.

Prepare: Cut out and discard stem. Cut pepper in half lengthwise. Cut out and discard white parts and seeds. Slice or chop.

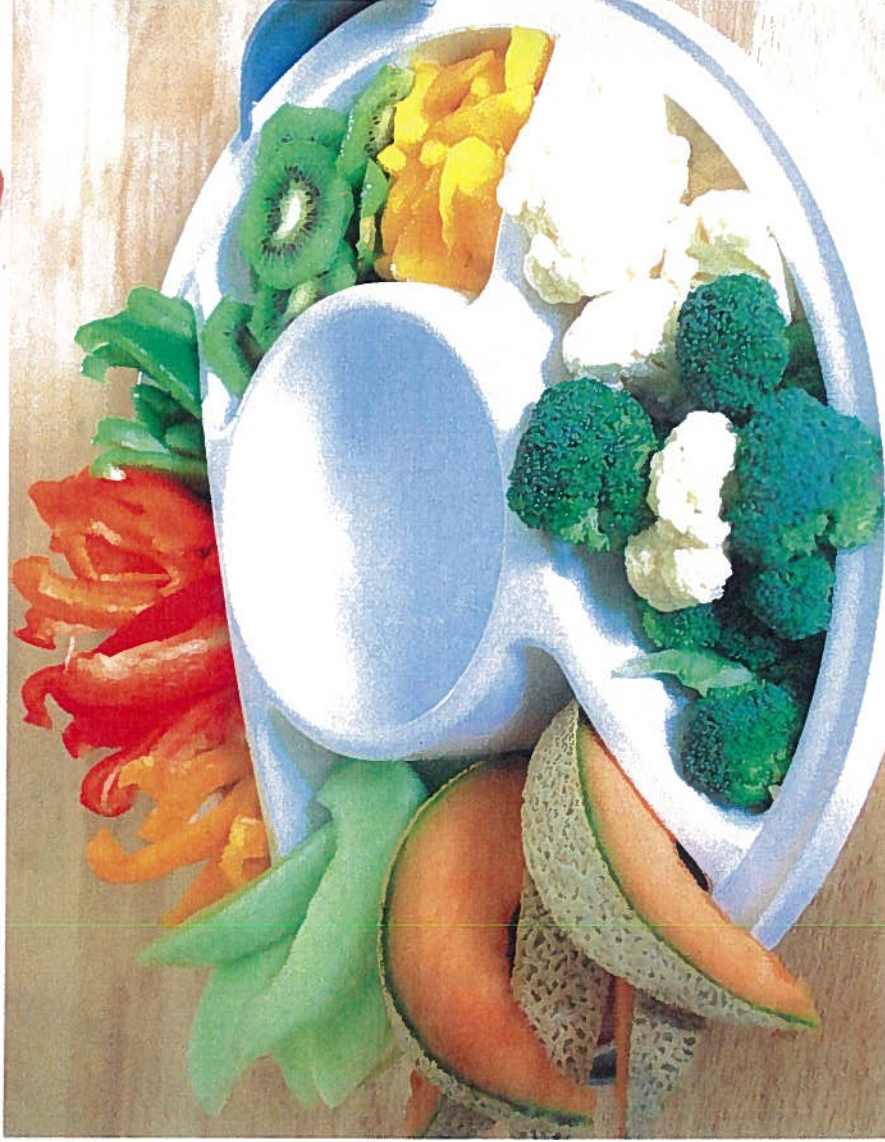


Kiwi

Buy: Firm, no soft spots give a little if squeezed gently.

Store: Ripen at room temp, store in fridge.

Prepare: Everything is edible except peel. Peel and cut



Mango

Buy: Sweet smelling, soft when pressed, not wrinkled. Don't judge by colour.

Store: Ripen at room temp store in fridge.

Prepare: Cut away skin. Cut yellow flesh off the large pit in chunks and into desired size.



Broccoli

Buy: Firm heads, firm leaves, no yellow florets or browning.

Store: In a plastic bag in fridge crisper.

Prepare: Wash. Throw out leaves. Cut florets into pieces. Peel and cut stalk into pieces. Eat raw with dip, boiled, or steamed.



Cauliflower

Buy: Firm and heavy, creamy white florets, no brown spots.

Store: In a plastic bag in fridge crisper.

Prepare: Wash. Throw away stem and leaves. Wash well, cut off any brown spots, break apart or cut to desired size, and serve raw or cooked.

