CHOOSING VEGETABLES & FRUITS

- Buy in season.
- Choose fruits and vegetables that look fresh, crisp and firm.
- Choose those that are brightly colored; avoid dull or dark colored items.
- When buying fresh, choose only what you can use quickly.
- Do not buy those that have mold, bruises, soft spots, cuts or are wilted.
- Do not buy prepackaged vegetables that are slimy or have liquid in the bag.
- Buy only frozen items that feel completely frozen. Put them in your cart last so they don’t start to defrost before you get home.
- For longer storage time, choose canned items.

Taken from NYS DOH
THE BENEFITS OF VEGETABLES & FRUITS

Great way to get lots of vitamins and minerals

Good source of fiber (helps prevent constipation, lowers cholesterol level)

Low in calories and fat (may help with weight loss)

Lowers chance of getting heart disease and some cancers

Helps maintain vision (may reduce cataracts)

May lower blood pressure

May lower chance of getting diabetes

Helps maintain healthy gums

Taken from NYS DOH