How much you eat is just as important as what you eat. Start with small changes to your eating habits – **ONE FORKFUL AT A TIME.** Eating a variety of healthful foods helps reduce the risk of preventable, chronic diseases including type 2 diabetes, obesity and cardiovascular disease. Eat more of these foods:

- Vegetables, including dark green, red and orange, beans, peas and others
- Fruits, especially whole fruits
- Whole grains
- Fat-free or low-fat dairy including milk, yogurt, cheese and fortified soy beverages
- Protein foods like seafood, lean meats, poultry, nuts, soy products, beans and peas
- Oils including canola, corn, olive, peanut, sunflower and soy

Whether you’re cooking at home or dining out, put your best fork forward to help find your healthy eating style. And remember to be physically active most days of the week.

**Here are some tips to reach your daily goal of 2 cups of fruit and 2½ cups of vegetables:**

1. Vegetables as pizza toppings like broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.

3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

4. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.

5. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges. Make a salad your main dish. Add chickpeas or edamame (fresh soybeans).

6. Keep cut vegetables handy for snacks or side dishes like red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes. Dip in your favorite salad dressing or hummus.

7. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.

8. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.

9. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.

10. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings

11. Add fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.

12. Top a baked potato with beans and salsa or cooked broccoli and low-fat cheese.

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14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.

15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.

16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.

**True or False Fruit and Veggies Quiz**

1. Eating cabbage can help reduce your risk for some cancers.
2. Dietary fiber, found in most fresh fruits and vegetables, is also found in animal products.
3. The deeper the color of a vegetable, the more beta-carotene it has.
4. A chili pepper has more vitamin C than an orange.
5. You can enjoy a sweet dessert for under 100 calories.
6. Fresh fruits and vegetables are made up mostly of water.
7. Fresh fruits and vegetables have almost no sodium.
8. Vegetables don't have calcium.
9. The amount of water used to cook vegetables won't affect their nutritional content.

**Answers**

1. TRUE. Nutrition experts recommend eating cabbage and other cruciferous vegetables such as broccoli, cauliflower, and kale. They can reduce your risk for some types of cancer.
2. FALSE. Dietary fiber is not found in animal products. Whole grains, fruits, and vegetables are all good sources of dietary fiber.
3. TRUE. Foods with more beta-carotene are a deeper shade of yellow, orange, or green. Beta-carotene is an important nutrient for good health.
4. TRUE. One fresh chili pepper has almost 40% more vitamin C than an orange.
5. TRUE. Fresh fruit is a great dessert - naturally sweet and low in calories. A cup of mixed fresh fruit can have between 65 and 100 calories.
6. TRUE. An average apple is 85% water plus vitamins, minerals, and carbohydrates.
7. TRUE. Almost all fresh fruits and vegetables are low in sodium.
8. FALSE. Good sources of calcium include broccoli, bok choy, and dark leafy greens (kale, mustard, and turnip greens).
9. FALSE. When cooking vegetables, use as little water as possible. This will help you avoid losing nutrients.

www.fairview.org/healthlibrary/Article/85023

**Have a nutritional question or concern?** If you are participating in services offered by Schenectady County’s Senior and Long Term Care services, you are eligible to have a free consultation with a Registered Dietitian. Call Cornell Cooperative Extension, Schenectady County at 372-1622, ext. 269. Leave a message, if necessary, for the dietitian to call you back.

Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).

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**Consumer-centered access for long-term care information, referrals and assessments. For information, call 382-8481, #9, ext.304**