

Eat More Fruits & Veggies in the Winter

COASTLINE ELDERLY SERVICES NUTRITION NEWSLETTER

Fruits and veggies have many health benefits but some of our favorites may not be available every season. Here are some tips to ensure you're getting enough of these fibrous friends all year round!



TIP #1: BUY FROZEN, CANNED OR DRIED

Frozen and canned fruits and veggies tend to get a bad rap, but more times than not they are actually healthier! They are picked when they are the freshest and then processed, keeping the integrity of all of the vitamins and minerals they possess.

Hint: When shopping, be sure to buy low sodium, no added salt or sugar added items.

TIP #2: BUY IN SEASON

Buying some summer favorite fruits in winter may not have the flavor you want. Buying fruits and veggies that are in season will taste delicious. Here are some examples:

Fruits- avocados, bananas, clementines, grapes, kiwi, guava, pomegranates.

Veggies- beets, broccoli, brussels sprouts, kale, leeks, potatoes (sweet & white), snow peas

TIP #3: KEEP IT SIMPLE

Adding fruits and veggies into your daily meal plan can be simple as pie! Try these ideas:

- Add a handful of frozen berries to your oatmeal or yogurt
- Put mushrooms, onion, spinach, pineapple, or peppers on your frozen pizza
- Add banana slices to your peanut butter toast