FRESH is fun.
FROZEN is fantastic.
CANNED counts.

HAVE YOU HAD YOUR
Today?
5
2 FRUITS
2 VEGGIES

Eat 5 fruits and vegetables each day.
Half of your plate should be filled with
fruits and vegetables at each meal.

THINK HEALTHY
THINK COLOR

FRESH fruits and vegetables don’t have to be
expensive if you buy them in season and many
are in season year round. To learn more, visit
www.sdharvestofthemonth.com

FROZEN fruits and vegetables are packed
and frozen within hours of harvest, so they don’t
lose their flavor or nutritional value. Try steaming
vegetables in the microwave or stovetop rather
than boiling to keep in more nutrients.

CANNED fruits and vegetables often get a bad
rap but they are still nutritious. Choose 100% fruit
juice with no added sugar and vegetables with
no salt added. Remember to drain the water, juice,
or syrup and rinse with water to help remove some
of the extra sugar and salt.