

## ▶ WHAT COUNTS AS 1 CUP?

Each food shown below counts as 1 cup of fruit or vegetables.

### ▶ FRUITS

Many people need to eat 2 cups from the fruits group each day.\*



1 cup of chopped fruit like fruit cocktail counts as 1 cup



½ cup of dried fruit like raisins counts as 1 cup



1 large banana counts as 1 cup



32 red seedless grapes count as 1 cup



1 cup (8 ounces) of 100% fruit juice counts as 1 cup

### ▶ VEGETABLES

Many people need to eat 2½ cups from the vegetables group each day.\*



2 cups of leafy greens like raw spinach counts as 1 cup



1 large sweet potato counts as 1 cup



12 baby carrots count as 1 cup



1 cup of cooked black beans counts as 1 cup



1 cup of cooked vegetables like green beans counts as 1 cup

\*The amounts are for a person on a 2,000-calorie daily food plan. The amount of fruits and vegetables may vary depending on the age, gender, and physical activity level of each person.

To find the right amount of fruits and vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

## ▶ CUBAN SALAD

**TOTAL TIME:** 20 minutes

**MAKES:** four 1-cup servings

### INGREDIENTS:

*For the dressing:*

- 3 tablespoons vegetable oil
- ¼ cup fresh lime juice (1 large or 2 small limes)
- 1 teaspoon of garlic, peeled and minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper

*For the salad:*

- 1 head romaine lettuce, washed, patted dry with paper towels, and torn into bite-size pieces
- 2 large tomatoes, diced
- 1 red onion, finely diced
- 6–8 radishes, thinly sliced

### DIRECTIONS:

*To make the dressing:*

1. Put the oil, lime juice, garlic, salt, and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

*To make the salad:*

2. Put the lettuce, tomatoes, onion, and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
3. Pour the dressing over the lettuce mixture and toss. Serve right away.
4. For protein, add low-sodium canned tuna, sardines, or salmon on top of the salad.



### NUTRIENTS PER SERVING:

Calories 154, Protein 3 g, Dietary Fiber 7 g, Total Fat 11 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 194 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

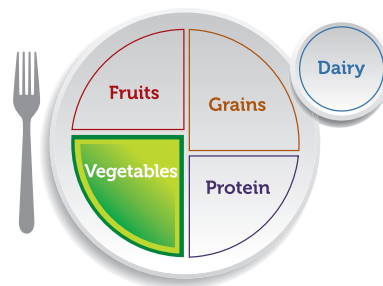
## ► CHOOSE YOUR VEGGIES

Everyone can benefit from eating more vegetables. Vegetables are full of vitamins and minerals. Find ways to add vegetables to most meals and snacks to help your family get the nutrition they need. Serve different types of vegetables like:

- Dark green—broccoli, spinach, and dark-green leafy lettuces
- Red and orange—red peppers and tomatoes; carrots and sweet potatoes
- Others—beans, peas, green beans, cauliflower, zucchini, squash, corn, and green peas

Adults and children who need 2,000 calories daily should eat about 2½ cups of vegetables each day. For 1 day, 2½ cups of vegetables might include:

- **1 cup of cooked green beans** (counts as 1 cup)
- **1 cup of raw spinach** (counts as ½ cup)
- **One medium, baked sweet potato** (counts as 1 cup)



## ► TIPS TO CHOOSE VEGGIES EVERY DAY

**Buy vegetables that can help you save money and time.** Frozen and low-sodium canned vegetables often cost less than fresh and can save time in the kitchen—no washing, slicing, or chopping. 💰

**Choose fresh vegetables when they are in season or grow your own.** When you purchase in season, vegetables are at the peak of flavor and usually cost less. You can also grow your own vegetables such as tomatoes, peas, and squash. If you receive SNAP, you can use your benefits to purchase seeds. 💰

**Set an example for your kids.** Make half your plate vegetables and fruits at meal time. Serve veggies as part of your child's meal. Offer carrot sticks or cucumber slices as a snack.

**Spice up your vegetables with herbs and seasoning.** Cook vegetables like sliced zucchini, carrots, and onions with your favorite herbs or add a store brand seasoning for flavor. Store brand herbs and spices may cost less than name brand choices. 💰

**Serve vegetables in ways that your family will enjoy.** Try a baked sweet potato or roasted squash. Mix broccoli and carrots with brown rice for a side dish. Place slices of tomato and lettuce in sandwiches. Add frozen vegetables to low-sodium soups.

**Keep sliced vegetables in the fridge.** Place sliced bell peppers, cauliflower, carrots, and celery in air-tight containers and store them in your refrigerator. For a quick meal, mix whole-wheat pasta with sliced and steamed bell peppers, carrots, and chickpeas.

💰 BUDGET-FRIENDLY TIP

To find the right amount of vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).



## ► FISH WITH SPINACH

**COOK TIME:** 30 minutes

**MAKES:** 4 servings

**INGREDIENTS:**

- 3 teaspoons vegetable oil
- 1 pound skinless cod fillets\*
- 1 yellow onion, peeled, chopped
- 2 garlic cloves, peeled, minced
- 2 cups canned tomatoes\*\*, diced, low-sodium
- ½ cup water
- 2 cups spinach, frozen, coarsely chopped
- ¼ cup black olives, pitted, chopped

**DIRECTIONS:**

1. Put the skillet on the stove over high heat. When it is hot, add 1½ teaspoons oil.
2. Add fish. Cook about 5 minutes per side, until deeply browned. Remove the fish to the plate and cover.
3. Reheat the skillet to medium heat. Add the remaining 1½ teaspoons oil, onion, and garlic. Cook about 7 minutes. Add tomatoes and water. Cook about 10 minutes, until the mixture thickens and turns from bright red to an orange color.
4. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives. Cover skillet. Cook about 2 minutes over low heat until the spinach is steamed. Serve right away.

\*Try this recipe with another white fish, such as tilapia, haddock, or catfish.

\*\*Fresh tomatoes can be used instead of canned.



**NUTRIENTS PER SERVING:**

Calories 196, Protein 25 g, Dietary Fiber 6 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 47 mg, Sodium 255 mg



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*



## ► KEEP FRUITS HANDY

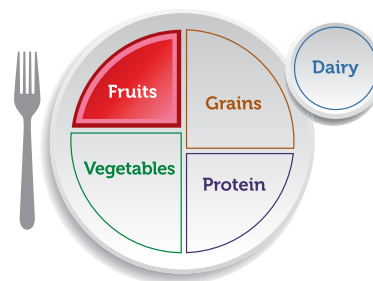
Eat a variety of fruits every day to add vitamins, minerals, and fiber to your meals and snacks. Most fruits are low in fat, sodium, and calories.

Serve different types of fruits like:

- Apples
- Bananas
- Oranges
- Canned peaches or pears packed in 100% juice
- Dried fruits such as raisins, cranberries, or prunes
- 100% orange or grapefruit juice

Adults and children who need 2,000 calories daily should eat about 2 cups of fruit each day. For 1 day, you could eat:

- **½ cup of canned peaches** (counts as ½ cup of fruit).
- **A large banana** (counts as 1 cup of fruit).
- **A small orange** (counts as ½ cup of fruit).



## ► TIPS TO KEEP FRUITS HANDY

### **Put different types of fruits on your shopping list.**

Look for fresh, frozen, canned, and dried fruits at the store. Purchasing canned or frozen store brand fruits can save you more. 💰

**Focus on fruit at meal time.** Slice bananas on top of 100% whole-wheat breakfast cereal, place apple slices in a peanut butter sandwich for lunch, or add canned peaches or raisins to a salad at dinner. Younger children can help you pick the fruits for family meals or snacks.

**Buy fruits in season.** While most fruits are in the grocery store all year long, some cost less when they are purchased in season. Use your SNAP benefits to buy fruits at a local farmers market. 💰

**Make fruit easy to see and eat.** Keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks. Fill half your plate with fruits and vegetables during meals.

**Serve 100% juice.** Look at the label to check if a drink is 100% fruit juice. Offer no more than 1 cup per day to children. If kids are still thirsty, serve water or milk. Look for canned fruit packed in 100% juice such as peaches and mandarin oranges.

**Give your kids new fruits to try.** Buy cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale. Let your child see you enjoying different kinds of fruits during meals and snacks. 💰

### 💰 BUDGET-FRIENDLY TIP

To find the right amount of fruits for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [www.supertracker.usda.gov](http://www.supertracker.usda.gov).



## ▶ FRUIT SALAD WITH YOGURT

**TOTAL TIME:** 25 minutes

**MAKES:** four 1 cup servings

### INGREDIENTS:

- 2 cups sliced strawberries
- 1 cup blueberries, rinsed
- 1 cup pineapple chunks, canned or fresh
- 3 tablespoons of pineapple juice\*
- 2 cups of plain, low-fat yogurt
- 2 tablespoons of sliced or slivered almonds

### DIRECTIONS:

1. Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.
2. Place 1 cup of fruit salad in a small bowl and top with  $\frac{1}{2}$  cup of yogurt.
3. Sprinkle almonds on top of each fruit salad. Serve immediately.

\*Any 100% fruit juice can be used instead of pineapple juice.



### NUTRIENTS PER SERVING:

Calories 172, Protein 8 g, Dietary Fiber 3 g, Total Fat 4 g,  
Saturated Fat 1 g, Cholesterol 7 mg, Sodium 88 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*