



Eat Smart Program
Missoula City-County
Health Department

Produce: Fruits & Vegetables

Fruits and vegetables are low in fat and calories and are an excellent source of many vitamins and fiber. They're also packed with antioxidants—substances that help protect against health conditions such as heart disease and stroke, some types of cancer, and may also inhibit the growth of triglycerides (a fatty material inside fat cells). Additionally, fruits and veggies help with weight maintenance, which lowers risk for type 2 diabetes.

MyPyramid Recommendations:

- 2 cups fresh, frozen, or canned fruit every day
- 2-1/2 cups fresh, frozen or canned vegetables every day
- 1 – cup equivalents: 1 cup fresh, frozen, or canned fruits/vegetables; 2 cups leafy greens, 1/2 cup dried fruit or 4oz 100% fruit juice.



The Organic Debate: Ultimately the decision about whether or not to buy organic is up to you. The research has not yet consistently proven that organic produce is any more nutritious than conventional produce. However, it has been proven that certain conventionally grown fruits and vegetables have higher concentrations of pesticides than others.



The Dirty Dozen:

Highest in pesticides

- | | |
|----------------------|-------------------|
| • peaches | • cherries |
| • apples | • pears |
| • sweet bell peppers | • grapes—imported |
| • celery | • spinach |
| • nectarines | • lettuce |
| • strawberries | • potatoes |

The Cleanest 12:

Lowest in pesticides

- | | |
|---------------------|--------------|
| • onions | • sweet peas |
| • avocado | • kiwi fruit |
| • sweet corn—frozen | • bananas |
| • pineapples | • cabbage |
| • mango | • broccoli |
| • asparagus | • papaya |



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For more information about fruits and vegetables including kid-friendly recipes, go to the Fruits & Veggies More Matters website:

www.fruitsandveggiesmorematters.org