



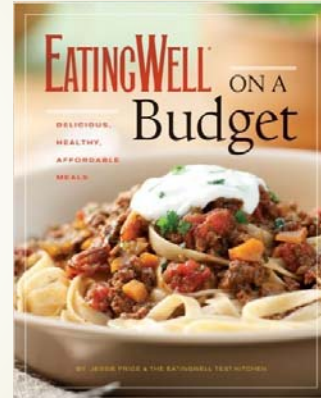
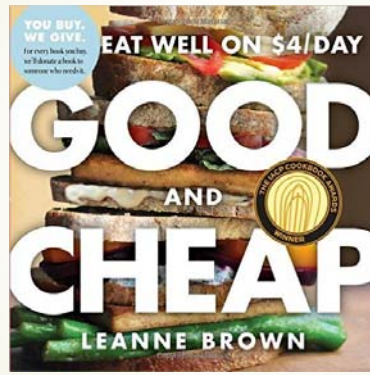
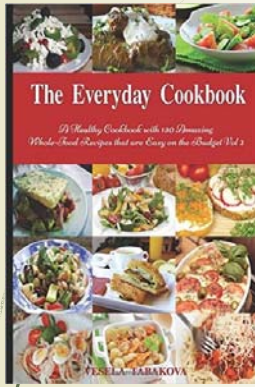
Fruits and Vegetables

- In the analysis, the team took into account other factors, such as a person's weight, smoking, physical activity levels, and overall diet, but **still found that fruit and vegetables were beneficial in preventing disease.**



Try canned or frozen produce

- At certain times of the year, frozen and canned fruits and vegetables may be less expensive than fresh.
- For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



Summary

- ▶ **PLAN AHEAD!** If you fail to plan then plan to fail!
- ▶ Plan menus, plan where to shop
- ▶ Shop with a LIST!
- ▶ Don't go to the store HUNGRY!
- ▶ Visit Farmer's Markets
- ▶ Check out Environmental Working Groups
- ▶ Join a CSA
- ▶ Plant a Garden
- ▶ Buy/Cook in bulk
- ▶ Check the Unit Price
- ▶ Focus on UNPROCESSED, whole foods
- ▶ Make your own snacks
- ▶ Buy local/seasonal
- ▶ Plan a trip with all the \$\$\$ you save!!