











Yeled v'Yalda WIC Program

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CHOOSING VEGETABLES & FRUITS

-  Buy in season.
-  Choose fruits and vegetables that look fresh, crisp and firm.
-  Choose those that are brightly colored; avoid dull or dark colored items.
-  When buying fresh, choose only what you can use quickly.
-  Do not buy those that have mold, bruises, soft spots, cuts or are wilted.
-  Do not buy prepackaged vegetables that are slimy or have liquid in the bag.
-  Buy only frozen items that feel completely frozen. Put them in your cart last so they don't start to defrost before you get home.
-  For longer storage time, choose canned items.









Taken from NYS DOH





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THE BENEFITS OF VEGETABLES & FRUITS

-  Great way to get lots of vitamins and minerals
-  Good source of fiber (helps prevent constipation, lowers cholesterol level)
-  Low in calories and fat (may help with weight loss)
-  Lowers chance of getting heart disease and some cancers
-  Helps maintain vision (may reduce cataracts)
-  May lower blood pressure
-  May lower chance of getting diabetes
-  Helps maintain healthy gums

Taken from NYS DOH

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