



NATIONAL FRUITS & VEGGIES MONTH:

MORE MATTERS

September is National Fruits & Veggies Month – a time to focus on eating more vegetables and fruits. Vegetables and fruits are loaded with nutrition that may lower the risk of chronic diseases and certain cancers. According to the Dietary Guidelines for Americans 2020-2025, you should consume minimum of 2½ cups of vegetables and 2 cups of fruit daily. Eat a variety of colorful veggies and fruits to get the most nutritional benefits. Some key nutrients in vegetables and fruits include:

- ✓ **Fiber:** promotes healthy digestive system
- ✓ **Calcium:** supports healthy bones and teeth
- ✓ **Iron:** helps maintain healthy blood
- ✓ **Magnesium:** supports overall good health
- ✓ **Potassium:** helps maintain healthy blood pressure
- ✓ **Folate:** supports healthy growth and development
- ✓ **Vitamin A:** supports healthy eyes, skin, and immune system
- ✓ **Vitamin C:** helps heal cuts and wounds
- ✓ **Antioxidants (thousands!):** protect the body against cell damage from free radicals

All forms of fruits and vegetables matter and count towards a healthy diet.

Fresh: Choose fresh vegetables and fruits when in season. They are higher in quality and cost less.

Hint: Darker pigment in color usually means the item holds more nutrients.

Frozen: Keep frozen produce on hand for quick preparation of meals, especially for mixed dishes.

Hint: Choose unsweetened fruit with no sugar added and avoid vegetables with added sauce or cheese.

Canned: Buying canned produce can be a great money-saving choice and go great in soups, stews, and casseroles.

Hint: Try low sodium or no salt added vegetable options, drain and rinse with water before use. Choose unsweetened fruit packed in 100% juice.

Dried: Dried fruit makes a great on-the-go snack and adds sweetness to trail mix. Try dried cranberries, apricot, raisins, figs, mango, or berries to your trail mix.

Hint: Keep in mind that a serving size of dried fruit is smaller than other forms of fruit. Choose ones without added sugar to get the most benefit.

Juice: 100% fruit or vegetable juice is a convenient way to get a serving of vegetables and fruits in your diet.

Hint: Limit your juice intake to one serving per day. Make whole forms of vegetables and fruits your first choice for the most nutritional benefits.

Oregon Cascades West

Dining Centers & Days of Service Call for Lunch Reservations

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

LINN COUNTY

Albany Senior Center

Monday-Friday (541) 967-7647

Brownsville Christian Church

Tues & Thurs (541) 466-5015

Lebanon Senior Center

Monday-Friday (541) 451-1139

Mill City, First Presbyterian

Tues & Thurs (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

The Corvallis Elks

Monday-Friday (541) 223-1005

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri (541) 994-7731

Newport Senior Center

Mon., Wed., Fri (541) 574-0669

Siletz, Tribal Community Center

Mon & Wed (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County SR. CTR

Mon., Wed., Fri (541) 563-8796