

Nutrition Matters

Best Buys In... Vegetables and Fruit

Vegetables and fruit are great sources of essential vitamins, minerals, fibre, and other substances that are important for good health. Choose dark green and brightly coloured vegetables and fruit more often for added nutrients.

Fresh

- Buy locally grown produce when in season for best buys.
- Shop at local farmers' stands or markets to save even more money.
- Some vegetables and fruits are good buys year round such as apples, bananas, cabbage, carrots, potatoes and spinach.
- It is less expensive to buy bags of produce, such as apples, oranges and potatoes, instead of individual pieces. Share with a friend or be sure that you can use them all before they spoil.
- Visit pick-your-own farms. Freeze or can large quantities.
- Grow your own vegetables. You can get started with a small garden or window box.



- Join a food-buying club to help reduce costs. For information on the Good Food Box call FoodShare at 416-392-6653. For information on the Afri-Can Food Basket call 416-248-5639.

Frozen and Canned

- Frozen and canned vegetables and fruit are low cost and nutritious alternatives to fresh.
- Do not thaw frozen vegetables before cooking. This will help retain the nutrients.
- Avoid breaded vegetables or those that have added sauces. These cost more and are higher in fat.



- Compare the price of canned products using the unit price (price/100 mL) on the store shelf sticker to find the best buy.
- Save money by buying "No Name" or store brands.

Canada's Food Guide to Healthy Eating recommends 5–10 servings of Vegetables and Fruit per day.

1 serving equals:

1 medium-sized vegetable or fruit
1/2 cup (125 mL) raw, cooked, frozen or
canned vegetables or fruit

1 cup (250 mL) salad
1/2 cup (125 mL) juice
1/4 cup (50 mL) dried fruit





Juice

- Frozen concentrated juices are the best buy.
- Avoid fruit 'punches', 'beverages' and 'drinks' as they contain a small amount of fruit juice if any. Look for the words '100% juice' on the label.
- A juice box costs more per serving than juice bought in a larger container. For lunches, use a thermos or bottle to bring juice from home.

How to Reduce Waste

- ✓ Store vegetables and fruit separately to prevent spoilage.
- ✓ Use up fresh vegetables and fruit first. Then go to canned and frozen products.
- ✓ Choose smaller sized fruit for children or cut fruit into smaller pieces.
- ✓ Use leftover vegetables in a stir fry or add to a tossed salad.
- ✓ Add ripe fruit to cereal or mix into batter for baked goods (e.g. muffins, bread).
- ✓ Freeze fruit that is over-ripe. Use later in baking or in fruit shakes.



Best Buys...When in Season

The bars indicate the main season for Ontario harvest.

The dots indicate peak availability and "pick your own" season.

Fruits/ Vegetables	June	July	August	September	October
Apples					
Blueberries					
Cherries					
Grapes					
Peaches					
Pears					
Strawberries					
Beans (wax)					
Broccoli					
Carrots					
Cauliflower					
Peas					
Squash					
Tomatoes					



Recipes

Quick & Easy Stir Fry

Ingredients:

1/2 cup	chicken or vegetable stock	125 mL
2 tbsp	soy sauce	30 mL
1 tbsp	cornstarch	15 mL
1 tsp	white sugar	5 mL
2 cups	cooked rice	500 mL
2 cloves	garlic	2
3/4 lb	chicken, beef or pork, thinly sliced	350 g
1	medium onion, thinly sliced	1
4 cups	assorted vegetables cut into bite-sized pieces	750 mL
2 tbsp	vegetable oil	30 mL

Source: *Cooking Healthy Together*, 1998.

Directions:

1. Prepare rice according to the directions on the package.
2. Mix together the stock, soy sauce, cornstarch, and sugar. Set aside. Prepare rice according to directions on package.
3. In a wok or large frying pan, heat 1 tbsp of the oil over medium heat. Add meat and stir fry for 4 to 5 minutes until cooked through. Remove and set aside.
4. Add remaining oil and heat as before. Add the garlic and onion and stir fry 1 minute. Add the other vegetables starting with the firmer ones. Stir fry 1 to 2 minutes between each group of vegetables.
5. Add the meat and sauce to the stir fry. Continue to cook until the sauce is clear and thickened. Serve over rice immediately.

Makes 4 servings

Carrot with Cole Slaw

Ingredients:

1	head cabbage, shredded	1
3	carrots, grated	3
1	red onion, thinly sliced	1
1/3 cup	plain yogourt	75 mL
1/3 cup	mayonnaise	75 mL
1 tbsp.	vinegar	15 mL
	Salt, pepper and sugar to taste	

Directions:

1. Combine cabbage, carrots and onion.
2. Mix together yogourt, mayonnaise and vinegar. Add salt, pepper and sugar to taste.
3. Pour dressing over the vegetables and mix well.
4. Chill and serve.

Makes 4 to 6 servings

Source: *Invite Us Along*, Toronto Public Health, 2004





Recipes

Apple Crisp

Ingredients:

4 – 5 cups	large baking apples, thinly peeled, cored, and sliced	1–1¼ L
½ cup	rolled oats	125 mL
¼ cup	all-purpose flour	50 mL
½ cup	packed brown sugar	125 mL
½ tsp.	ground cinnamon	2 mL
¼ cup	butter or margarine	50 mL



Source: *Invite Us Along*, Toronto Public Health, 2004

Directions:

1. Preheat oven to 350°F.
2. Place the apples in a medium-sized baking dish.
3. In a bowl, mix the rolled oats, flour, brown sugar, cinnamon, and butter (or margarine) until combined. Sprinkle over top of the apples.
4. Cover and bake in preheated oven for 30 minutes. Remove, uncover and bake for 10 minutes or until apples are tender. Serve warm.

Makes 6 servings

Veggie Fries

Ingredients:



2	medium potatoes	2
1	sweet potato	1
1	parsnip	1
2	carrots	2
2 tbsp.	vegetable oil	25mL
2 tbsp.	fresh parsley, cilantro, rosemary or dill, chopped (optional)	25mL
	Salt and pepper, to taste	

Directions:

1. Preheat the oven to 425°F. Lightly oil 2 baking sheets.
2. Scrub, peel and cut vegetables in wedges, all about the same size. Place in a bowl, add the remaining oil and toss.
3. Spread vegetables in an even layer over a baking sheet and bake for 20 minutes until crisp and lightly brown. Turn the fries over half way through baking.
4. Sprinkle lightly with salt, pepper and fresh herbs (if using). Serve immediately.

Makes 6 to 8 servings

Source: *Invite Us Along*, Toronto Public Health, 2004

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