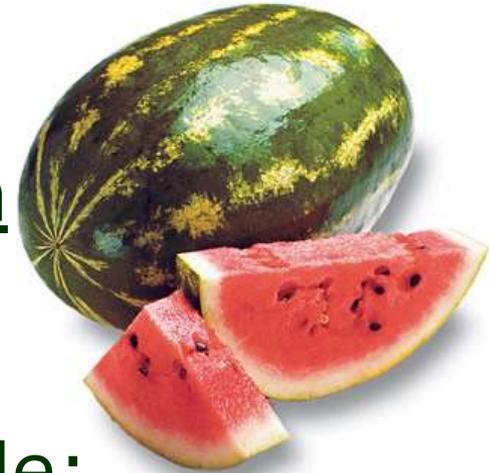




FRUITS

Nutrition

- Fruits are 75 – 95% water
- Low in **fat**, **sodium** and **protein**
- Excellent source of **fiber**
(especially the skins!)
- Vitamins & Minerals Fruits Provide:
 - Vitamin C (Citrus, melons, strawberries)
 - Vitamin A (Deep yellow and green fruits)
 - Potassium (Bananas, raisins, figs)



Nutrition

- Choose **whole** or cut up fruits more often than fruit juice.
- **Air**, **heat** and **water** can destroy nutrients in both fruits and vegetables.
- Always **wash** fruits and vegetables to remove pesticides that might remain on the skin.



Guidelines for Selecting Fruits and Vegetables

- Firm
- Free From
- Crisp
- Smooth
- Dense
- Free From Bruises
- Good Color
- Good Smell
- In Season (Will Be Cheaper)



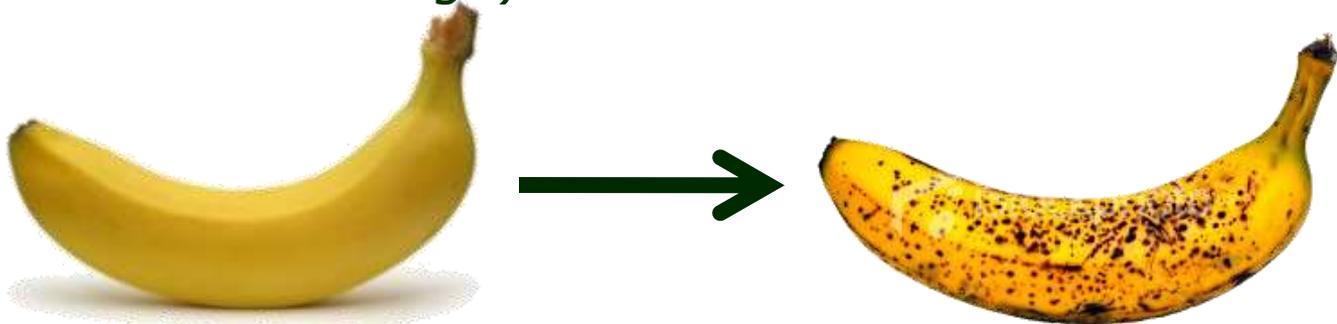
Purchasing and Storing Fruits

- Purchasing
 - Most fruits are sold by weight or by count
 - Fruits are packed in crates, bushels, cases, lugs, or flats
 - Seasonal fruits and vegetables are lower in cost, plentiful and have better quality.
 - They will last about one week in the refrigerator.
- Storing Fruits In:
 - **Cold (Refrigerator)**
 - **Dry**
 - **Give Them Space**



Ripening

- **Ripening** happens when **starches** found in the fruit break down into **sugar**
(Bananas in the fridge)



- This leads to deterioration or spoilage:
 - Color Lightens
 - Texture Softens
 - Decreases in Acidity
 - Increases in Sweetness



Browning

- **Browning** occurs when the cut surfaces of food reacts with oxygen.
- This is called **OXIDATION**.
- To prevent this, cover cut fruits with a liquid containing **Ascorbic Acid (Vitamin C)**.





VEGETABLES

Nutrition

- Vegetables provide the following Vitamins and Minerals:
 - Vitamin A
 - Vitamin C
 - Vitamin D
 - Potassium
 - Folic Acid
 - Calcium
 - Magnesium



Nutrition

- Vegetables contain NO **cholesterol**
- They are low in **calories**, **fat** and **sodium** (They are "**Nutrient Dense**")
- Eat more **red**, **orange** and **dark green** vegetables from the Vegetable Group.



Best Cooking Methods for Preserving Nutrients

- The two BEST methods are:
 - **Microwaving**
 - **Steaming**
- You can also:
 - Bake
 - Stir-Fry
 - Simmer
 - Sauté

or just
eat them
RAW!



Five Ways to Preserve Nutrients When Cooking Fruits and Vegetables

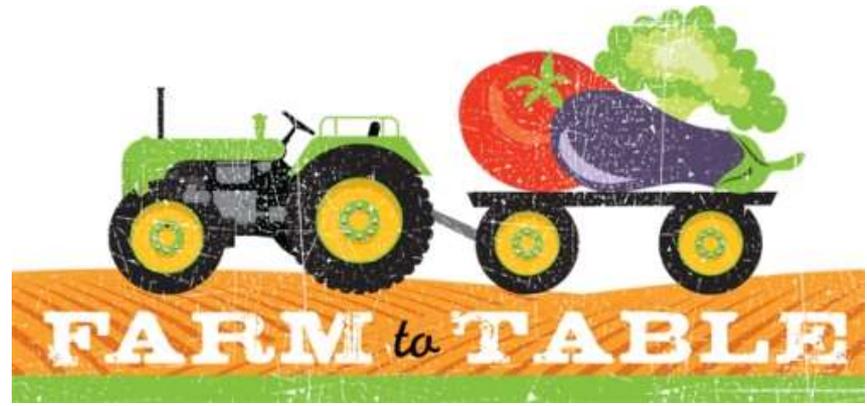
- Cook in **larger** pieces
- Use **small** amounts of water
- Cook only until "**fork**" **tender**
- Cook **quickly**
- **Save the water** used to cook in for soups and gravies (most nutrients dissolve into the water)



Farm to Table

Food doesn't start at the supermarket!

- Farm: use of good agricultural practices
- Processing: monitor at critical points
- Transportation: use clean vehicles and maintain the cold chain
- Retail: follow the food code guidelines
- Table: always follow the four C's of safety-
clean, cook, control cross-contamination and
chill



Farm to Table

