



FRUITS

Nutrition

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



Nutrition

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



Guidelines for Selecting Fruits and Vegetables

- Firm
- Free From Decay
- 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.

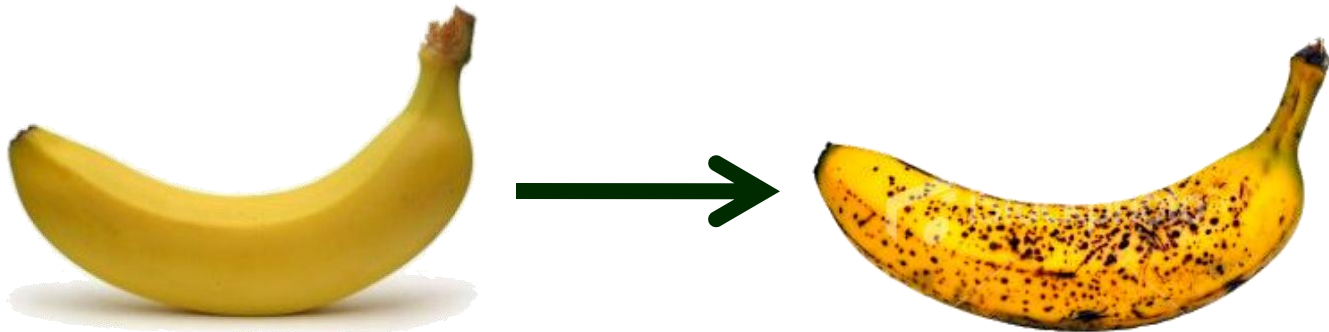
1. Storing Fruits In:

- **Cold (Refrigerator)**
- **Dry**
- **Give Them Space**



Ripening

1. Ripening happens when **starches** found in the fruit break down into **sugar**

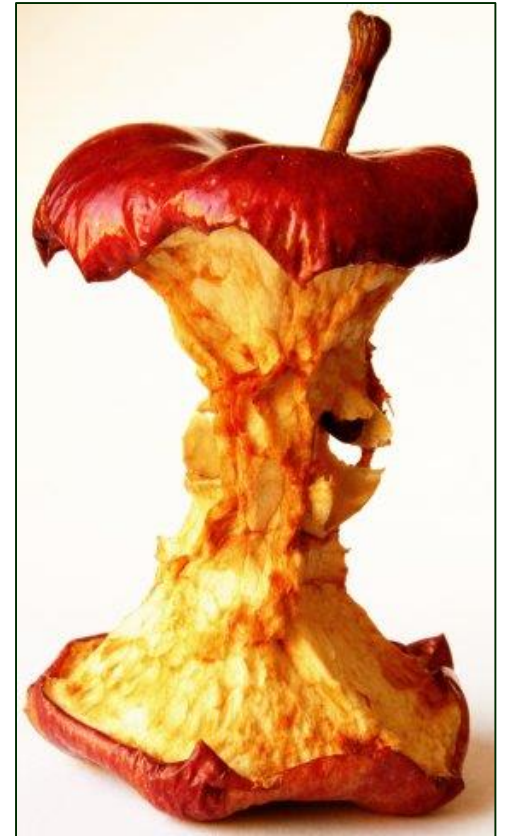


- This leads to deterioration or spoilage:
 - Color Lightens
 - Texture Softens
 - Decreases in Acidity
 - Increases in Sweetness



Browning

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





VEGETABLES

Nutrition

1. They are low in calories, fat and sodium. They are considered "**Nutrient Dense**".
2. Eat more **red**, **orange** and **dark green** vegetables from the Vegetable Group.
3. Vegetables provide the following Vitamins and Minerals:
 - Vitamin A
 - Vitamin C
 - Vitamin D
 - Potassium
 - Folic Acid
 - Calcium
 - Magnesium



Best Cooking Methods for Preserving Nutrients

1. The two BEST methods are:

a. **Microwaving**

b. **Steaming**

• You can also:

- Bake
- Stir-Fry
- Simmer
- Sauté

or just
eat them
RAW!



Worst Cooking Methods for Preserving Nutrients

2. The cooking methods that **DESTROY** the most nutrients include:

- a. Boiling
- b. Deep Frying



Five Ways to Preserve Nutrients When Cooking Fruits and Vegetables

1. Cook in **larger** pieces
2. Use **small** amounts of water
3. Cook only until "**fork**" **tender**
4. Cook **quickly**
5. **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

