

**Healthy Eating Starts Here:
Steps to a Healthier You**

Eat More Vegetables and Fruit

Developed by Registered Dietitians
Nutrition Services
Alberta Health Services
2014

Audience: AHS health professionals, teachers, community-based facilitators, public

Length: presentation: 45 minutes, questions: 5-10 minutes

Location: facilitator-lead or online module

Outcomes	Materials needed/Introduction
<p>By the end of this presentation participants will be able to:</p> <ol style="list-style-type: none"> 1. Discuss the relationship between eating vegetables and fruit and health. 2. Demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day. 3. List resources that have more information about consuming vegetables and fruit. 	<ul style="list-style-type: none"> • Laptop and projector • Portion Size Kit (optional) • 9 in plate (optional) • Pictures of food (optional) <p>Handouts</p> <ul style="list-style-type: none"> • Eating Well with Canada’s Food Guide • Eating Well with Canada’s Food Guide – First Nations, Inuit and Métis • Boost Your Vegetable and Fruit Intake <p>Optional Handouts</p> <ul style="list-style-type: none"> • Grocery Shopping the Healthy Way • Healthy Snacking • What is a Healthy Portion Size? • Goal Setting Sheet <p>Sample Introduction</p> <ul style="list-style-type: none"> • Welcome the audience and introduce yourself. • Explain that this presentation will take approximately 45 minutes. • Explain that there will be opportunities for participation and discussion. • Encourage participants to ask questions throughout the presentation or at the end. <p>Get to Know the Audience</p> <ul style="list-style-type: none"> • Ask participants if they have a favourite fruit or vegetable. • Facilitator can then link points in the presentation back to participants (e.g. how will Healthy Eating Starts Here help you to encourage healthy eating)

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Outcome: Participants will be able to educate groups about vegetables and fruit: the benefits, tips for purchasing, storing, preparing and increasing intake.

Key Messages: This poster is from the Healthy Eating Starts Here Posters Series. This and the other posters in the series are available for download from healthyeatingstartshere.ca.

Facilitator Notes

Objectives

By the end of this presentation, you will be able to:

1. List three benefits of increasing your intake of Vegetables and Fruit.
2. List three places to obtain Vegetables and Fruit other than the grocery store.
3. Demonstrate strategies on how to eat 7-10 servings of Vegetables and Fruit per day.

Outcome: Participants will be able to educate groups about vegetables and fruit: the benefits, tips for purchasing, storing, preparing and increasing intake.

Key Messages:

Vegetables and fruit not only look and taste delicious but have many health benefits. Albertans have an opportunity to reduce health risks by adding more vegetables and fruit to their daily meals and snacks.

Facilitator Notes

By the end of this presentation:

- You will be able list three benefits of increasing your intake of vegetables and fruit.
- List 3 sources of Vegetables and Fruits other than the grocery store.
- Demonstrate strategies on how to eat 7-10 servings of Vegetables and Fruit per day.

Background Information:

- Eating enough vegetables and fruit protects you from developing some chronic diseases such as heart disease, strokes, diabetes, obesity and some cancers.
- Vegetables and fruit are rich in protective compounds, folate, vitamin C, potassium and beta carotene, all of which contribute to health.
- Eating vegetables and fruit is one of the best ways to stay healthy.
- About 45% of Albertans report eating vegetables and fruit 5 or more times a day. (Statistics Canada, 2008). That means 55% of people in our province could get more of the health giving benefits of eating vegetables and fruit each day.
- The first step on the way to eating more of these powerful nutrient packed foods is to know a little more about why they are healthy, how much is recommended, and ways to work them into meals and snacks. Awareness is the first step to making a new food habit.

Overview

- Why eat more vegetables and fruit?
- What is a serving of vegetables and fruit?
- How to include more vegetables and fruit each day
- Budget-wise vegetables and fruit



Outcome: Outline the topics that will be covered in the vegetable and fruit presentation.

Key Messages:

Eating more vegetables and fruit has health benefits, but less than 50% of Albertans consume 5 servings per day.

Facilitator Notes

This presentation will include information on the following topics:

- The relationship between vegetable and fruit intake and chronic disease
- The recommended number of servings of vegetables and fruit to eat each day
- The size of a Food Guide Serving of vegetables and fruit
- Tips on how to meet the recommended vegetable and fruit intake each day
- How to deal with common barriers to adequate vegetable and fruit intake such as: cost, spoilage, and preparation methods that preserve nutrients
- Strategies that increase vegetable and fruit intake
- Resources for helping your audience enjoy vegetables and fruit

Overview

- Vegetables and fruit beyond the grocery store
- Time saving tips
- Make vegetables and fruit the easy choice
- Where to get more information



Outcome: Outline the topics that will be covered in the vegetable and fruit presentation.

Key Messages:

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- Strategies that increase vegetable and fruit intake
- Resources for helping your audience enjoy vegetables and fruit

Why Eat More Vegetables and Fruit?

- Reduces risk of some chronic diseases
- Lowers blood pressure and blood cholesterol
- Helps us maintain a healthy weight



Outcome: Participants will be able to discuss the relationship between eating vegetables and fruit and health.

Key Messages:

- Most Canadians do not eat enough vegetables and fruit.
- A diet high in vegetables and fruit helps to lower blood pressure, prevent strokes, protects against heart disease and some cancers.

Facilitator Notes

- Vegetables and fruit contain protective substances such as vitamins, minerals, and fibre, as well as plant compounds called phytochemicals (Hyson, 2002; World Cancer Research Fund / American Institute for Cancer Research, 2007; Yao et al, 2004). Some phytochemicals act as antioxidants and thus support health promotion and disease prevention (Sylvia Escott-Stump, 2002; World Cancer Research Fund / American Institute for Cancer Research, 2007; Dietitians of Canada, 2008b).
- A diet high in vegetables and fruit has been shown to improve cardiovascular health by reducing blood pressure and serum (blood) cholesterol (Lichtenstein et al, 2006; Sylvia Escott-Stump, 2002; World Cancer Research Fund / American Institute for Cancer Research, 2007).
- Because they are naturally low in calories and high in fibre, vegetables and fruit can lower the total calories of an individual's diet and fill you up, therefore helping with weight control (Lichtenstein et al, 2006; National Center for Chronic Disease Prevention and Health Promotion, 2007).

Activity

1. Ask the audience to guess what percentage of Albertans are getting the health benefits of eating 5 or more vegetable and fruit servings each day?
 - Answer: 44.4% of Albertans report eating vegetables and fruit 5 or more times a day. That means over half of Albertans have an opportunity to improve their health by eating 5 or more servings of vegetables and fruit daily (Statistics Canada, 2008)

Why Eat More Vegetables and Fruit?

- Provides special protective compounds, vitamins, minerals and fibre
- Supplies vitamin C for wound healing, fighting infection and for healthy gums



Outcome: Participants will be able to discuss the relationship between eating vegetables and fruit and health.

Key Messages:

- Most Canadians do not eat enough vegetables and fruit.
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Eating Well with Canada's Food Guide

Vegetables and Fruit: 7-10 servings daily for Adults

- **Main Nutrients:** fibre, folate, potassium, iron, vitamins A, B6, and C



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

- Food Guide Serving sizes of vegetables and fruit are listed on Canada's Food Guide.
- Food Guide Servings of vegetables and fruit are often smaller than many people think.

Activity (optional)

1. Demonstrate Food Guide serving sizes to the audience by using props such as the Portion Size Kit (blue lunch bag). Show each prop to the audience and explain what they represent.
 - Hockey puck = ½ cup of fresh, frozen or canned vegetables or fruit
 - Baseball = 1 cup = 1 serving of leafy green salad, or 2 servings of fresh, frozen or canned vegetables or fruit
 - Tennis ball = 1 serving of whole vegetable or fruit (medium size)
 - 2 Golf balls = 1 serving = ¼ cup dried fruit
 - ½ cup of 100% juice = 1 serving

Facilitator Notes

- Using visual aids can help people to better understand what is a Food Guide Serving size. Serving sizes are often smaller than many people think.
- A serving of dried fruit is smaller than fresh, frozen or canned fruit because the water content is much lower.
- It is better to eat your vegetables and fruit than to drink them. This way you get more fibre and less sugar (National Center for Chronic Disease Prevention and Health Promotion. Division of Nutrition and Physical Activity, 2007).
- Canada's Food Guide recommends that we eat at least **one dark green and one orange vegetable each day**. Examples of dark green vegetables are: broccoli, romaine lettuce, spinach and peas. Examples of orange vegetables are: carrots, sweet potatoes and winter squash.

Vegetables and Fruit

What is a serving?

- ½ cup of fresh, frozen or canned vegetables or fruit
- 1 cup of raw leafy vegetables
- 1 medium sized whole piece of fresh fruit
- ¼ cup dried fruit
- ½ cup 100% juice



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How Can We Get 7-10 Servings Daily?

- Have 2 or more servings at each meal and snack
- Fill half your plate with vegetables



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

Participants will consider ways to fit vegetables and fruit into their daily meals and snacks to meet the recommended number of servings.

Activity:

1. Ask participants for their ideas for adding more servings of vegetables and fruit to their day.
 - Discuss answers and compare to tips on slide.

Facilitator Notes

- The most important factors affecting the intake of vegetables and fruit at home is whether they are available, and taste preferences. This suggests the importance of addressing these factors by making sure vegetables and fruit are always available in the home. Home availability influences the intake of vegetables/fruit more than taste (Neumark-Sztainer, 2003).
- Purchasing a few pieces of several kinds of fruit makes for a colourful fruit bowl and gives the family a chance to try different fruit. Putting the fruit bowl on the counter or table makes it more visible and more likely to be eaten.
- A fruit salad makes a refreshing dessert rather than having sweets. When you get your groceries, chop up some of the fruit you have purchased as one way to make sure you have dessert ready ahead of time. Refrigerate fruit salad in a covered container.

How Can We Get 7-10 Servings Daily?

- Keep a colourful fruit bowl on the table
- Slice your favourite fruit for dessert
- Pack vegetables and fruit for lunch



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages

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How Can We Get 7-10 Servings Daily?

- Add fruit to breakfast cereal, oatmeal, muffins and pancakes



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

Participants will consider ways to fit vegetables and fruit into their daily meals and snacks to meet the recommended number of servings.

Facilitator Notes

- Adding vegetables to cooking and baking lowers the calories of the recipe, increases dietary fibre, adds moisture and flavour, not to mention improving the nutrient content.
- Fruit such as diced apples, applesauce, chopped fresh or canned peaches, raisins, dried or whole cranberries, and rhubarb are tasty additions to muffins, pancakes, and quick breads such as loaves and coffee cakes.

How Can We Get 7-10 Servings Daily?

- Double up the vegetables in casseroles, soups, stews and sauces



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

Participants will consider ways to fit vegetables and fruit into their daily meals and snacks to meet the recommended number of servings.

Facilitator Notes

- You can often double up the amount of vegetables called for in recipes. For example: rather than 1 cup of vegetables in chili, add 2 or more cups.

How Can We Get 7-10 Servings Daily?

- Add pureed or grated vegetables to sauces, soups, casseroles and dips



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

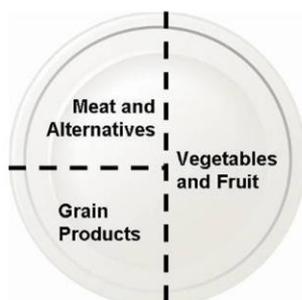
Participants will consider ways to fit vegetables and fruit into their daily meals and snacks to meet the recommended number of servings.

Facilitator Notes

- Add pureed vegetables to spaghetti sauce, soups, sauces, casseroles and dips to enrich the food value and add flavour. This is also a way to get the less popular vegetables into your family's diet.
- Grated carrots or other grated or shredded vegetables are great in savory dishes and in quick breads or muffins.

The Healthy Plate

Plan a healthy plate - fill half your plate with vegetables and fruit



www.albertahealthservices.ca



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The healthy plate shows us how to balance meals and increase vegetable and fruit.

Activity (optional)

Props: One 9 inch plate; pictures of foods: 2 types of vegetables, 1 fruit, 1 grain, 1 meat, 1 milk

1. Walk the audience through the following activity to explain the healthy plate.
 - An easy way to be sure you are getting all the nutrients you need is to learn to build a “healthy plate”.
 - A healthy plate should have at least 3 or 4 of the food groups.
 - Half of the plate should contain **Vegetables and Fruit** (*demonstrate by putting vegetable and fruit pictures on the plate*).
 - A quarter should contain **Grain Products** (*put the grain picture on the plate*).
 - A quarter should contain **Meat and Alternatives** (*put meat or alternative food picture on the plate*).
 - A glass of milk on the side and a fruit for dessert completes the meal. (*demonstrate with pictures*).

Facilitator Notes

- When you choose a healthy plate at lunch and supper it would give you at least 4 of your 7 servings of vegetables. A fruit for breakfast and a couple of vegetable or fruit servings as snacks and you would meet your daily recommended servings of vegetables and fruit.
- Keeping the healthy plate model in mind, it might help to take one day in the week to plan and shop for all of your meals at one time.
- You can also freeze leftovers in individual containers using the healthy plate model for a quick and healthy meal that is ready to go when you are short on time.

What Keeps Us From Getting Enough?

What are your barriers to eating more Vegetables and Fruit?

- Vegetables and fruit are expensive...
- I prefer fresh vegetables and fruit...
- Vegetables and fruit spoil too quickly...
- They take too long to prepare...
- Vitamins are lost when I cook vegetables...

Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

There are some common barriers that people have identified to getting the recommended number of servings of vegetables and fruit each day. We will examine some of these barriers and consider ways to overcome each one.

Activity (Optional)

1. Ask participants about some of the reasons people may find it difficult to get 7-10 servings of vegetables and fruit each day.
 - Discuss responses

Facilitator Notes:

- In the next few slides we will look at ways to overcome some of the common barriers to getting more vegetables and fruit into your daily meals and snacks.
- One barrier is that many people find vegetables and fruit expensive. Alberta Agriculture and Rural Development has collected the price for a basket of healthy food, known as the Nutritious Food Basket, and vegetables and fruit were found to be about 1/3 of the healthy food basket cost.
- The belief that fresh vegetables and fruit are nutritionally better than frozen or canned is a barrier for some people.
- Some people are reluctant to purchase vegetables and fruit because they find them spoiled in the refrigerator.
- The belief that it takes too long to prepare vegetables and fruit and in some cases uncertainty about how to prepare these foods to make them look and taste appealing is a common barrier.
- Concern that most of the nutrients are lost in cooking keeps some people from buying vegetables and fruit for the family.

What Keeps Us From Getting Enough?

Barrier: Vegetables and fruit are expensive...

Try these easy-on-the-budget ideas:

- Buy in-season fresh, flavourful vegetables and fruit
- Try frozen or canned vegetables and fruit year round
- Shop around for the best buy



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Activity

1. Ask audience if they have ever heard that vegetables and fruit were too costly.
2. Ask audience if they have suggestions to save money and get the best buy when purchasing vegetables and fruit for your household.
 - Discuss responses

Facilitator Notes

- The affordability of healthy foods is determined by costing of the National Nutritious Food Basket, which is based on Canada's Food Guide. Health Canada created the Nutritious Food Basket modeled on Canada's Food Guide for people of every age and gender. Alberta adapted the food basket and costs it in communities all over the province. The Alberta Nutritious Food Basket Price Reports show that vegetables and fruit make up 1/3 of the total food basket cost.
- There are ways to save money on vegetables and fruit including the following ideas:
 - Buy fresh vegetables and fruit when they are in season e.g. fresh peaches are plentiful in mid summer but cost more in fall and winter because they are imported from a distance.
 - Frozen and canned vegetables and fruit are available year round and prices remain more stable. Canned and frozen vegetables and fruit are just as nutritious as fresh (Breene, 2009). Comparing the label on canned vegetables helps you choose ones that are lower in salt and choosing canned fruit packed in juice or water means avoiding added sugar.
 - Some small local vegetable and fruit markets may have good prices on produce.

What Keeps Us From Getting Enough?

Barrier: I prefer fresh vegetables and fruit ...

Look beyond the grocery store:

- Grow vegetables in a pot or garden
- Plant fruit trees and bushes in the yard
- Can or freeze fresh vegetables and fruit to use later



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Facilitator Notes

- If you don't have garden space in your yard, try growing vegetables like tomatoes in planters, or rent a community garden plot. For beginner gardeners, good vegetables to grow are carrots, beans, snap peas, lettuce, potatoes, and onions. You could also try growing your own herbs like basil, parsley, cilantro, and rosemary. The growing season usually starts once the snow has melted and there are no longer frosts overnight. In Alberta, the last frost is often in May.
- By canning or freezing fresh vegetables and fruit in the summer when they are plentiful, you can enjoy them year round.

What Keeps Us From Getting Enough?

Barrier: I prefer fresh vegetables and fruit ...

Look beyond the grocery store:

Try some local resources:

- Good Food Box program
- Food Co-op
- Community garden
- Fruit rescue



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Facilitator Notes

- A Good Food Box program sources vegetables, fruit and other grocery items through wholesale and local farmers, and costs are reasonable. Schedules will vary; check in your local community. There is usually a range of box sizes, depending on your needs.
- Food Co-ops save money by purchasing large quantities of vegetables and fruit from a wholesaler and passing the savings along to the members. Food co-ops do not replace the grocery store but allow members to purchase some food at a cost saving. One example of a food co-op is the Wecan Food Basket Society in Edmonton. Check their web site to learn more about how this type of group purchasing works: <http://www.wecanfood.com/>
- Check in your local community for opportunities to join a community garden, where garden plots are available (small fee might apply). Grow an extra row of vegetables or fruits to share with family, friends or community programs.
- Fruit rescues are initiatives where community members allow volunteers to harvest their extra or unwanted fruit from their trees (e.g. crabapples, apples) so that they are not wasted. One example of a fruit rescue is Edmonton Fruit Rescue. Check their website to get an idea of how this can work in your community: <http://ofre.wordpress.com/>

What Keeps Us From Getting Enough?

Barrier: Vegetables and fruit spoil too quickly...

Try these tips to avoid waste:

- Keep vegetables and fruit in a clear sealed bag or container in sight on fridge shelf
- Wash, slice and store enough vegetables for 3-4 days
- Buy fully and partly ripe fruit at the same time



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Facilitator Notes

- By keeping vegetables and fruit in sight, washed and ready to eat, they will be more likely to be eaten.
- Keep vegetables and fruit in sealed clear bags or containers on the fridge shelf to maintain freshness and maintain shelf life.
- With the exception of leafy greens, fresh fruit and vegetables should not be washed before storing, because washing will cause faster deterioration. Wash only a small amount that can be consumed within a few days.
- Buy a combination of fruit that is ripe and ready to eat right away and some that is under-ripe so it can be enjoyed later in the week.

Background Information

Find out more about the best way to store many kinds of vegetables and fruit at the following web site for vegetable and fruit storage tips:

<http://www.cpma.ca/Files/CPMA.HomeStorageGuide.English.pdf>

What Keeps Us From Getting Enough?

Barrier: Vegetables and fruit spoil too quickly...

Try these tips to avoid waste:

- Buy just the amount of fresh produce you need
- Keep dried fruit on hand for snacking or recipes
- Buy frozen and canned vegetables and fruit



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Facilitator Notes

- .
- Generally speaking, buying in bulk is more cost effective, but if the amount is more than you need, it might go to waste. Consider how much produce you need for the week. Consider sharing a bulk amount with family or friends if it is too much for you.
- Frozen and canned vegetables and fruit come in various sizes so you can use the amount that you need in your meals and save the rest for later. Transfer any unused portions of canned vegetables or fruit into another container and store it in the refrigerator for another meal.
- Dried fruit has a long shelf life and is handy to have for snacks or for adding a handful into recipes such as hot oatmeal or muffins.

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Find out more about the best way to store many kinds of vegetables and fruit at the following web site for vegetable and fruit storage tips:

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What Keeps Us From Getting Enough?

Tips for using canned and frozen vegetables and fruit:

Require little or no preparation

- Ready to add to recipes
- Canned vegetables are cooked and just need heating
- Frozen vegetables are ready to cook



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Facilitator Notes

- Frozen and canned vegetables and fruit come in various sizes so you can use the amount that you need in your meals and save the rest for later. Transfer any unused portions of canned vegetables or fruit into another container and store it in the refrigerator for another meal.
- Canned and frozen vegetables have a long shelf life.
- Choose canned fruit packed in juice rather than syrup for less sugar.
- Dried fruit has a long shelf life and is handy to have for snacks or for adding a handful into recipes such as hot oatmeal or muffins.

What Keeps Us From Getting Enough?

Tips for using canned and frozen vegetables and fruit:

Canned fruit:

- Select canned fruit packed in juice for less sugar
- If canned fruit is packed in a sugary syrup, rinse before using



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What Keeps Us From Getting Enough?

Tips for using canned and frozen vegetables and fruit:

Canned vegetables:

- Choose vegetables canned without added salt
- Rinse canned vegetables under cold running water to lower the sodium content before heating



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Facilitator Notes

- Choose no added salt canned vegetables or rinse salted canned vegetables under cold running water before heating them to lower the sodium.

What Keeps Us From Getting Enough?

Barrier: Takes too long to prepare...

Try these time-saving tips:

- Buy prewashed bags of salads, spinach or baby carrots
- Keep washed, sliced vegetables in the fridge
- Make a large salad to last a few days



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Facilitator Notes

- Choose one day each week to buy groceries and to prepare some vegetables and fruit ahead of time by washing, peeling/slicing. In this way, they are ready to be added to cooking or to take along as snacks.
- There are a variety of ready-to-use vegetables and fruits, including bagged salads, baby carrots, sliced fruit, minced garlic in a jar. These are handy to have when you need to make a meal in a hurry.

What Keeps Us From Getting Enough?

Barrier: Takes too long to prepare...

Try these time-saving tips:

- Try chopped ginger and garlic from a jar for cooking
- Mix chopped fruit for a basic fruit salad
- Frozen and canned vegetables and fruit are quick and easy



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

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What Keeps Us From Getting Enough?

Barrier: Takes too long to prepare...

Try these time-saving tips:

- Use a chopper to cut up large amounts of carrots, onions, celery, zucchini for soups, stews and casseroles
- Keep a bowl of cut up fresh fruit mixed with canned fruit for a quick dessert, snack or to pack in lunches



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit

Facilitator Notes

- There may be days when you are not able to cook or prepare vegetables and fruit ahead of time.
- On the days that you do have time to do this, cut up extra amounts and cook extra vegetables for other meals.
- Keep these covered and refrigerated for use later in the week.

What Keeps Us From Getting Enough?

Barrier: Takes too long to prepare...

Try these time-saving tips:

- Cook extra vegetables and refrigerate for the next meal
- Puree cooked vegetables, freeze to add to soups and sauces
 - Try cauliflower, green beans, peas, carrots
- Roast a whole pan of vegetables for several meals



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit

Facilitator Notes

- There may be days when you are not able to cook or prepare vegetables and fruit ahead of time.
- On the days that you do have time to do this, cut up extra amounts and cook extra vegetables for other meals.
- Keep these covered and refrigerated for use later in the week.

What Keeps Us From Getting Enough?

Barrier: Vitamins are lost when I cook vegetables...

Limit vitamin loss with these tips:

- Cook vegetables to tender crisp
- Cut vegetables into larger chunks
- Use as little water as possible



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Facilitator Notes

- Vegetables have vitamins that are water-soluble and so when they are cooked for a long time some of their vitamins can be lost into the cooking water.
- Cook vegetables to tender crisp.
- Use as little water as possible in a covered pot if boiling vegetables.

What Keeps Us From Getting Enough?

Barrier: Vitamins are lost when I cook vegetables...

Limit vitamin loss with these tips:

- Cook in a covered pot to shorten cooking time
- Steam, microwave, and roast vegetables to preserve nutrients
- Use vegetable cooking water in soups, stews, sauces and casseroles



Outcome: Participants are able to demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will explore common barriers that prevent some from eating more vegetables and fruit.

Facilitator Notes

- Use as little water as possible in a covered pot if boiling vegetables. Consider other methods such as steaming, microwaving, stir-frying or roasting to help preserve their nutrients.
- Use the vegetable cooking water in other recipes.

Setting SMART Goals

- **Specific:** I will eat one serving of fruit at breakfast.
- **Measurable:** I will mark down the days that I eat a fruit at breakfast this week.
- **Attainable:** I will buy some oranges and strawberries for breakfast this week.
- **Rewarding:** Adding fruit to my breakfast is delicious and good for me too.
- **Timely:** I will follow my plan for breakfast this week and review how it went.

Outcome: Demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

The participants will learn how to set SMART goals.

Facilitator Notes

- Studies show that individuals who set goals are more likely to achieve them.
- Setting a SMART goal around Vegetables and Fruit can help you to consume 7-10 servings per day.
- Setting a SMART goal will help increase the chance that we will improve our diet.
- SMART criteria help individuals develop an action plan to set and achieve goals.

Activity: Setting SMART Goals

1. Explain to audience what the acronym SMART means
2. Discuss the example of a SMART goal on the slide
 - **Specific:** I will eat one piece of fruit at breakfast.
 - **Measurable:** I will mark down the days that I eat a piece of fruit at breakfast this week.
 - **Attainable:** I will buy some oranges and strawberries for breakfast this week.
 - **Rewarding:** Adding one fruit to my breakfast is delicious and good for me too.
 - **Timely:** I will follow my plan for breakfast this week and review how it went and what else I can do at the end of the week.
3. Ask audience to set a SMART goal of their own.

Choose to:

Make the Healthy Choice the Easy Choice

- Stock a variety of vegetables and fruit
- Cut vegetables into fun shapes
- Try homemade salad dressings
- Limit the competition!
 - buy fewer packaged snacks



Outcome: Demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

Changing your environment can make you more likely to eat more vegetables and fruit.

Activity:

1. Ask audience if they can think of ways in their community they could get more vegetables and fruit in schools, community centre, rinks and other public places.
 - Discuss responses.

Facilitator Notes

- Ask your family members what vegetables and fruit they would like to eat for the week. Plan and make meals together.
- Cut vegetables and fruit into fun shapes, such as carrot coins, celery sticks and apple wedges, to make them more interesting to kids.
- A fun way to get hands-on experience with where food comes from is by visiting a local farm. At u-pick farms, you can pick your own fresh produce for a cost. Farmers' Markets are another good option for finding locally grown produce. The owners of farms are great sources of information. Take the chance to talk to them about how foods are grown, harvested, and processed. Visit www.albertafarmfresh.com for more information.

Choose to:

Make the Healthy Choice the Easy Choice

- Get the family involved in planning and making meals
- Check for sources of fresh local produce
- Pick or grow your own fresh produce as a family activity



Outcome: Demonstrate strategies on how to eat 7-10 vegetable and fruit servings each day.

Key Messages:

Changing your environment can make you more likely to eat more vegetables and fruit.

Activity:

1. Ask audience if they can think of ways in their community they could get more vegetables and fruit in schools, community centre, rinks and other public places.
 - Discuss responses.

Facilitator Notes

- Ask your family members what vegetables and fruits they would like to eat for the week. Plan and make meals together.
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Summary

- Eating a variety of vegetables and fruit is tasty and fun
- Eating more vegetables and fruit reduces my risk for some chronic diseases
- Colour my plate with vegetables and fruit every day
- Keep cost down with seasonal, local fresh produce
- Choose fresh, frozen or canned vegetables and fruit
- Take time to set **SMART** goals



Outcome: Participants will be able to discuss the relationship between eating vegetables and fruit and health.

Key Messages:

Eating more vegetables and fruit has health benefits.

Facilitator Notes

- Briefly review key points summarizing content of this learning module.

Resources

Tasty vegetable and fruit recipes online:

- Mix it Up!
<http://www.fruitsandveggies.ca/>
- Fresh, Canned, Frozen Veggies & Fruit, Goodness in Many Ways
<http://freshcannedfrozen.com/index.php/recipes/>

Home canning recipes:

- ATCO Blue Flame Kitchen
www.atcoblueflamekitchen.com

Outcome: To become aware of other resources which support teaching about consuming vegetable and fruit.

Key Messages:

Facilitator Notes

For More Information



HealthyEatingStartsHere.ca

www.albertahealthservices.ca



Outcome: Health Eating Starts Here website provides more information on healthy eating.

Key Messages:

Facilitator Notes

Questions?

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