

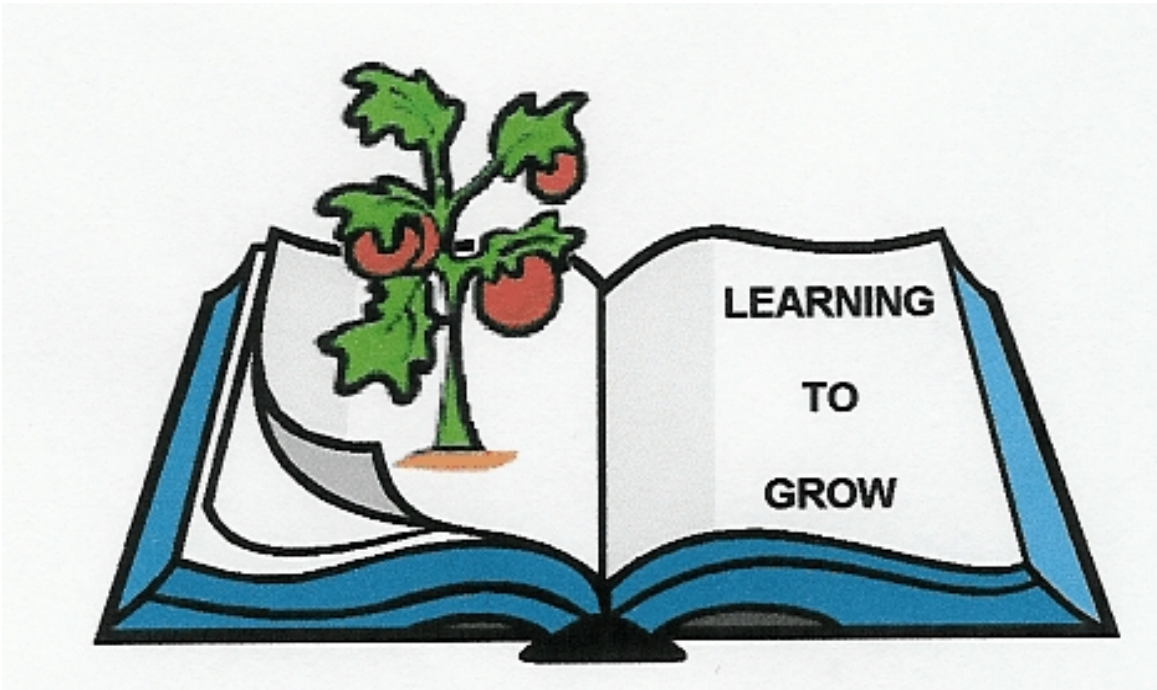


The Texas A&M University System

NUECES COUNTY



NUTRITION STARTS IN THE GARDEN



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Acknowledgments:

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FCS Secretary - Nueces County

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Nutrition



VEGETABLE GROUP

What Counts as a Serving?

- ★ 1/2 cup chopped raw or cooked vegetables
- ★ 1 cup raw, leafy vegetable
- ★ 3/4 cup vegetable juice

FRUIT GROUP

What Counts as a Serving?

- ★ 1 piece fruit or melon wedge
- ★ 3/4 cup fruit juice
- ★ 1/2 cup chopped, cooked or canned fruit
- ★ 1/4 cup dried fruit

A HIGH FIVE

In selecting your daily intake of fruits and vegetables, the National Cancer Institute recommends choosing:

- ✓ At least one serving of a vitamin A-rich fruit or vegetable a day
- ✓ At least one serving of a vitamin C-rich fruit or vegetable a day.
- ✓ At least one serving of a high-fiber fruit or vegetable a day.
- ✓ Several serving of cruciferous vegetable a week. Studies suggest that these vegetable may offer additional protection against certain cancers, although further research is needed.

Fruits and Vegetable High in Vitamin A* include apricots, cantaloupe, carrots, kale, collards, leaf lettuce, mango, mustard greens, pumpkin, romaine lettuce, spinach, sweet potato, winter squash (acorn, hubbard)

Fruits and Vegetables High in Vitamin C* include broccoli, brussels sprouts, cabbage, cantaloupe, cauliflower, chili peppers, collards, grapefruit, honeydew melon, kiwi fruit, mango, mustard greens, orange, orange juice, pineapple, plum, potato with skin, spinach, strawberries, bell peppers, tangerine, tomatoes, watermelon

High in Fiber or Good Source of Fiber* include apple, banana, blackberries, blueberries, brussels sprouts, carrots, cherries, cooked beans and peas, dates, figs, grapefruit, kiwi fruit, orange, pear, prunes, raspberries, spinach, strawberries, sweet potato

Cruciferous Vegetables include bok choy, broccoli, brussels sprouts, cabbage, cauliflower

*Based on FDA's food labeling regulations

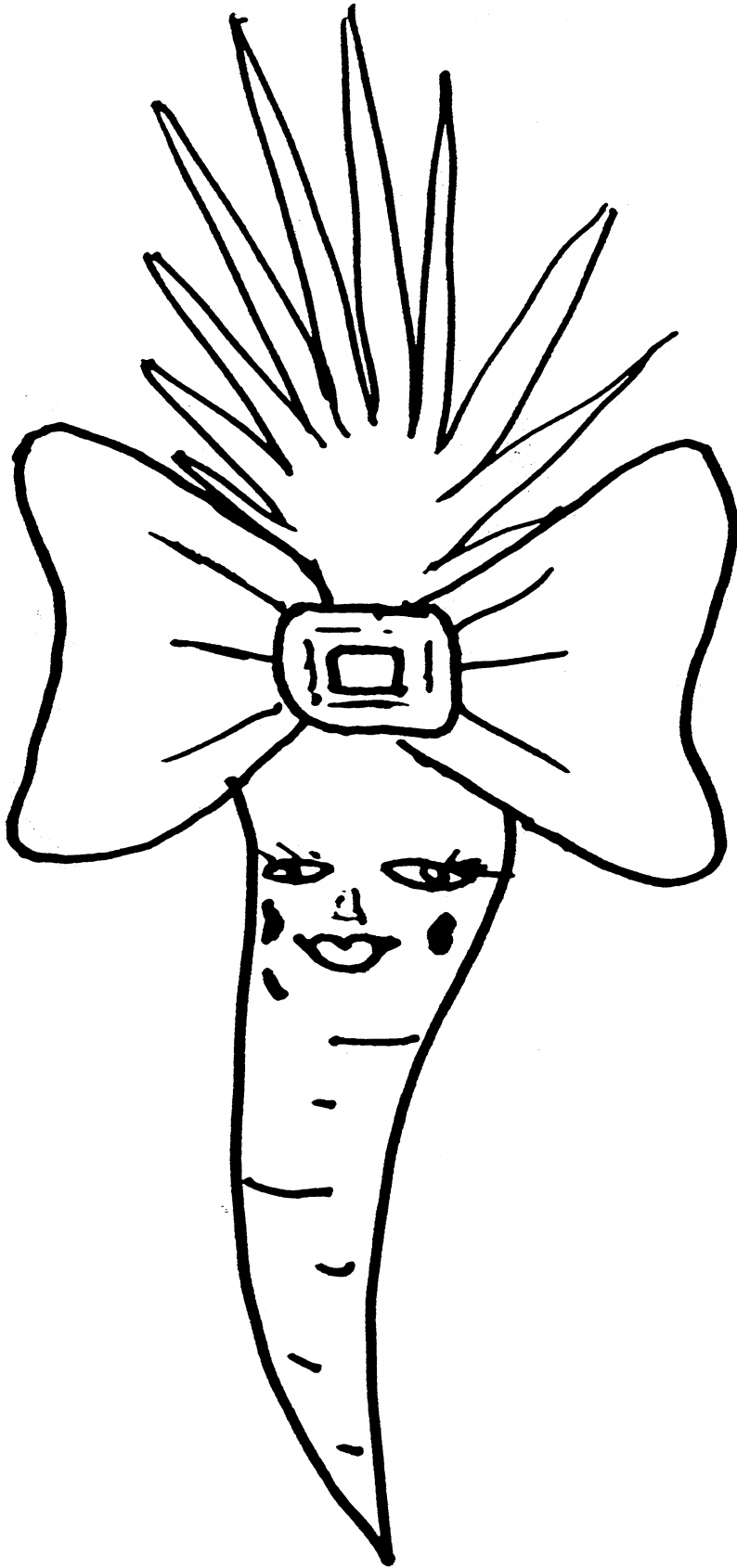
KEY NUTRIENTS

NUTRIENT	FUNCTIONS	FOOD SOURCE
Protein	Build and repair all tissues Regulate body processes Supply energy Carry oxygen to the cells	Milk and milk product Meat and meat alternative Breads and cereals
Calcium	Builds bones and teeth Helps blood to clot Regulates nerve, muscle and heart activity	Milk and milk product Sardines, salmon Spinach, broccoli, kale
Iron	Carries oxygen to all parts of the body Builds red blood cells	Meat and meat alternative Fruit and vegetables Breads and cereals
Vitamin A	Helps night sight Helps keep lining of mouth, nose, and throat healthy Assists skeletal growth	Fruit and dark green and yellow vegetables Meat and meat alternative Milk and milk product
Vitamin B	Aids digestion Keeps nerves healthy	Meat and meat alternative Milk and milk products Whole grain products
Vitamin C	Holds cells together Helps the body resist germs	Citrus fruits and vegetables
Fats	Burns as fuel in the body to supply, energy and heat	Whole milk and whole milk product Meat and meat alternative Butter, mayonnaise, fried foods, and pastries
Carbohydrates	Are burned by the body for energy	Breads and cereals Fruits and vegetables

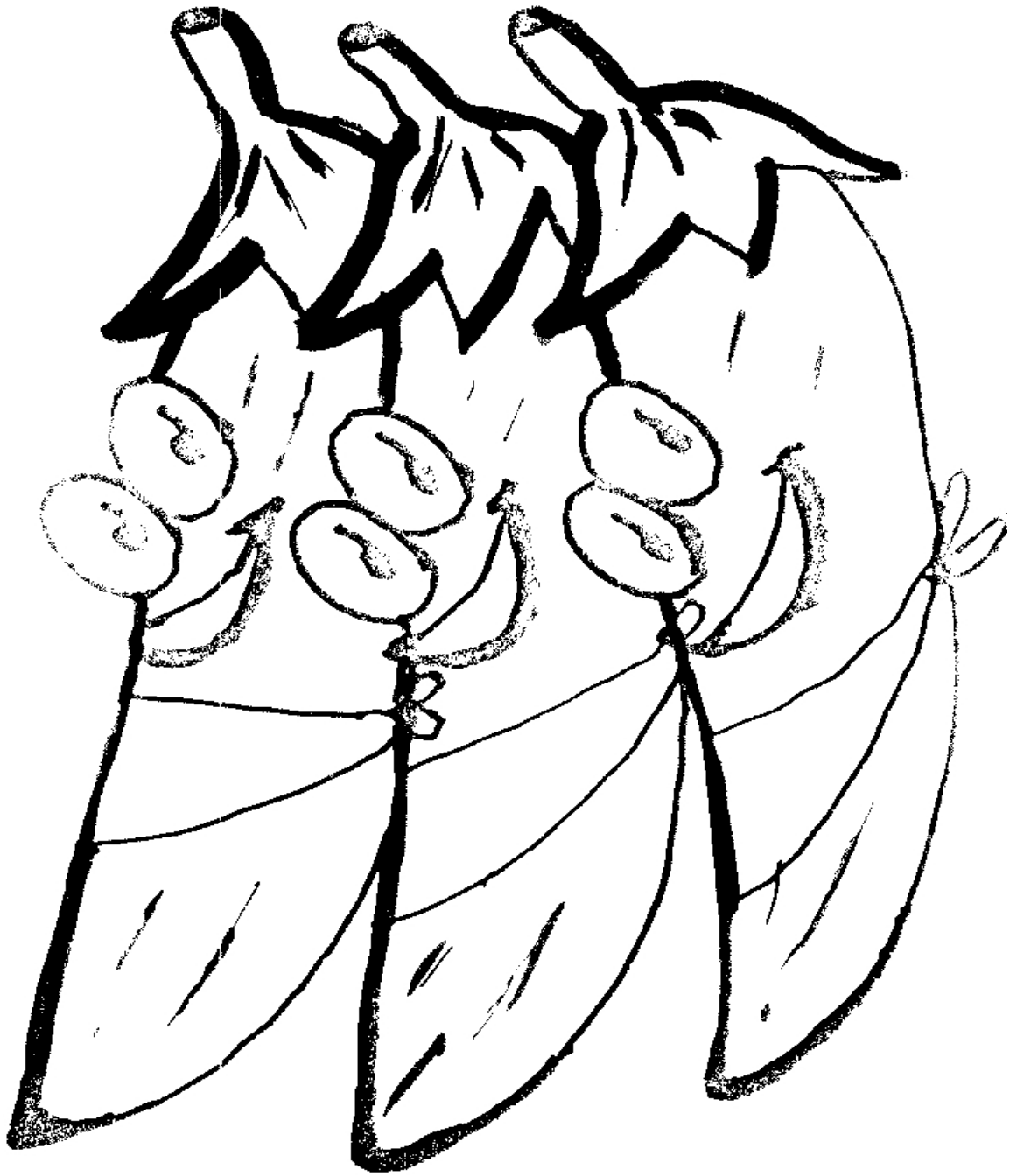


EAT SMART!





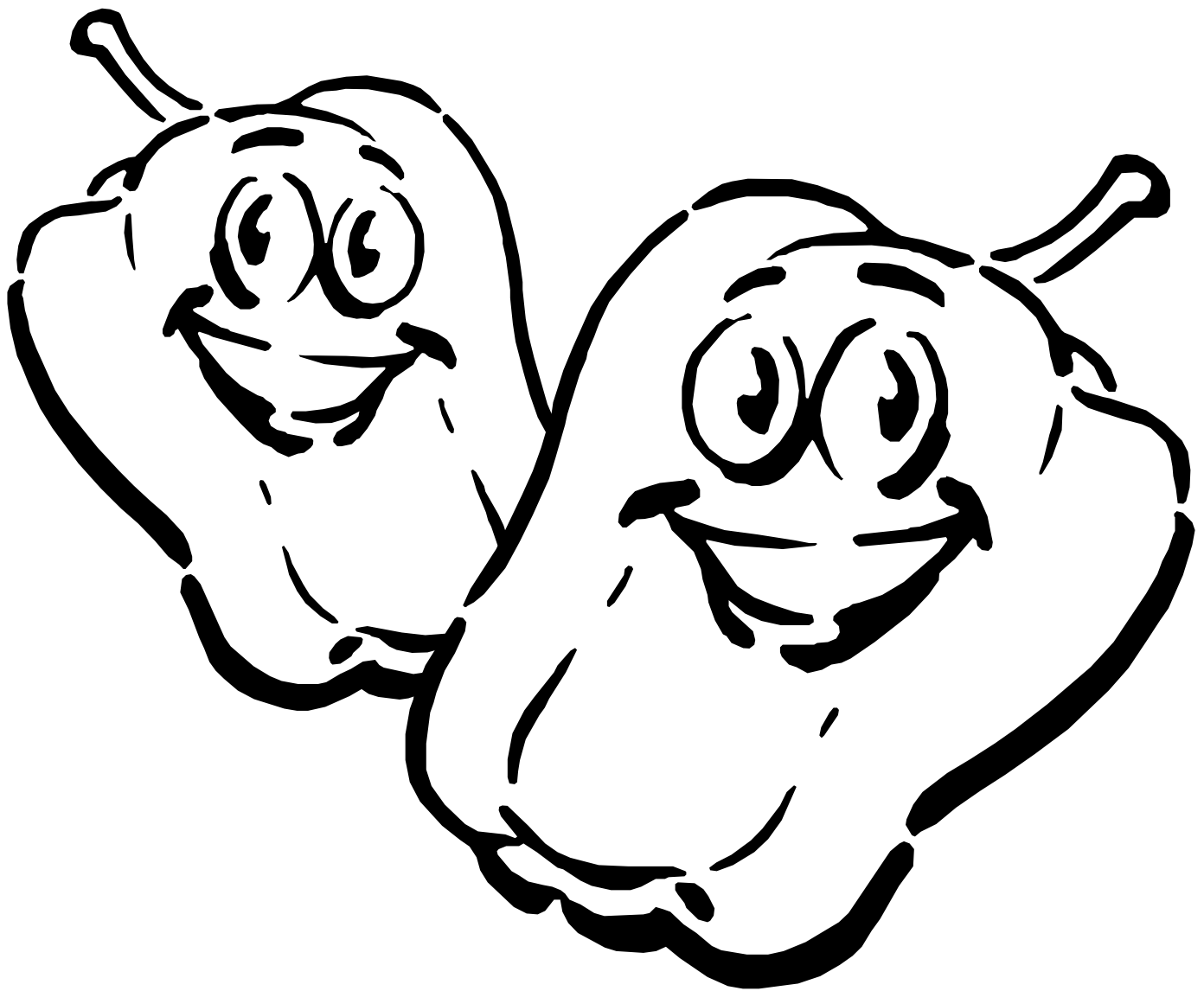
I'm CAROLINA
CARROT. I give
your body Vitamin
A & potassium. I
am good for your
eyes and helps
your muscles get
strong.



We are the STRING BEANS and we give your
body Vitamins A & C, iron and potassium. We
put oxygen in your cells.

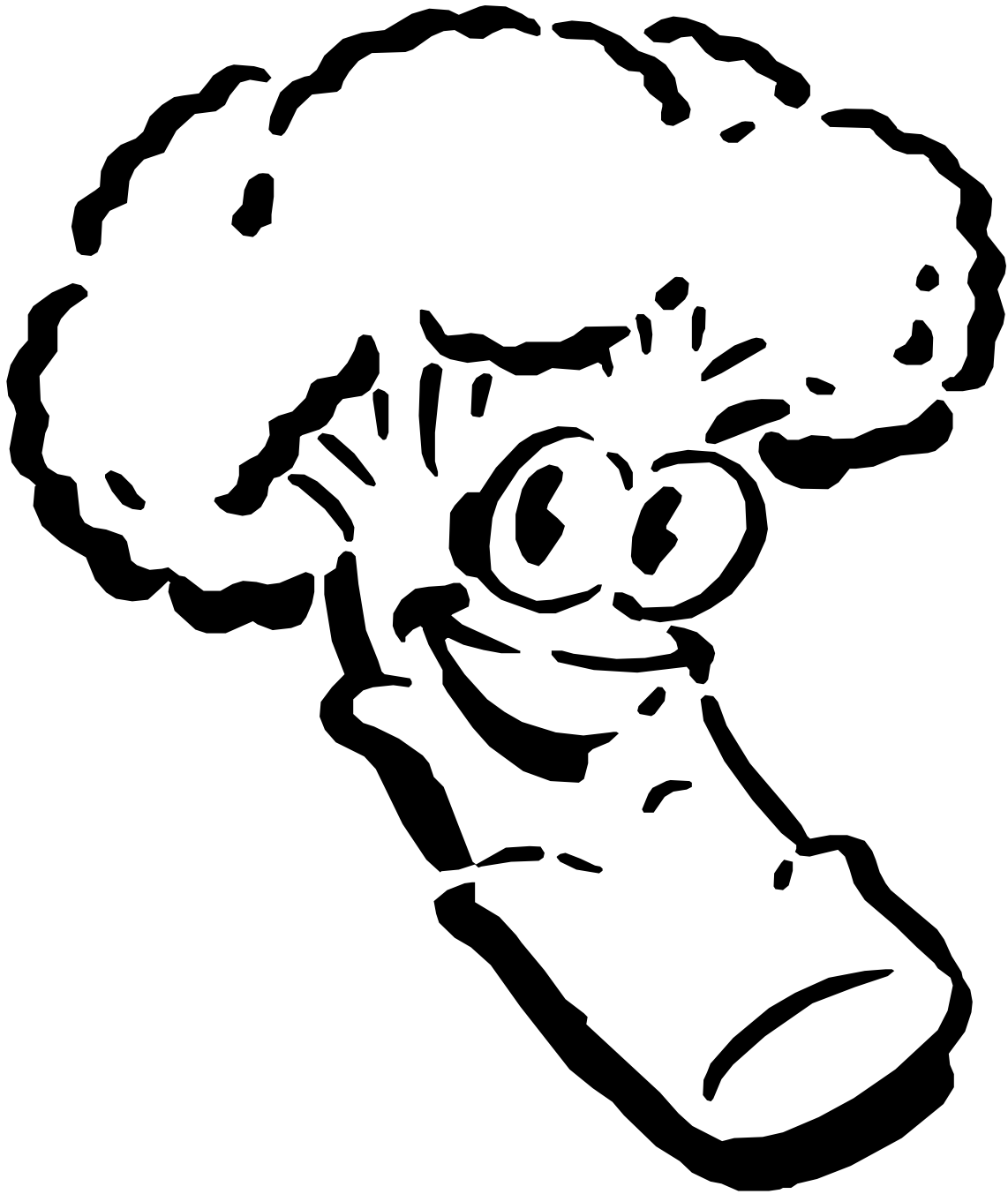


I'm OSCAR
ONION. I give
your body Vitamin
C and minerals. I
help your body
use fats and
sugars that gives
your body
energy.



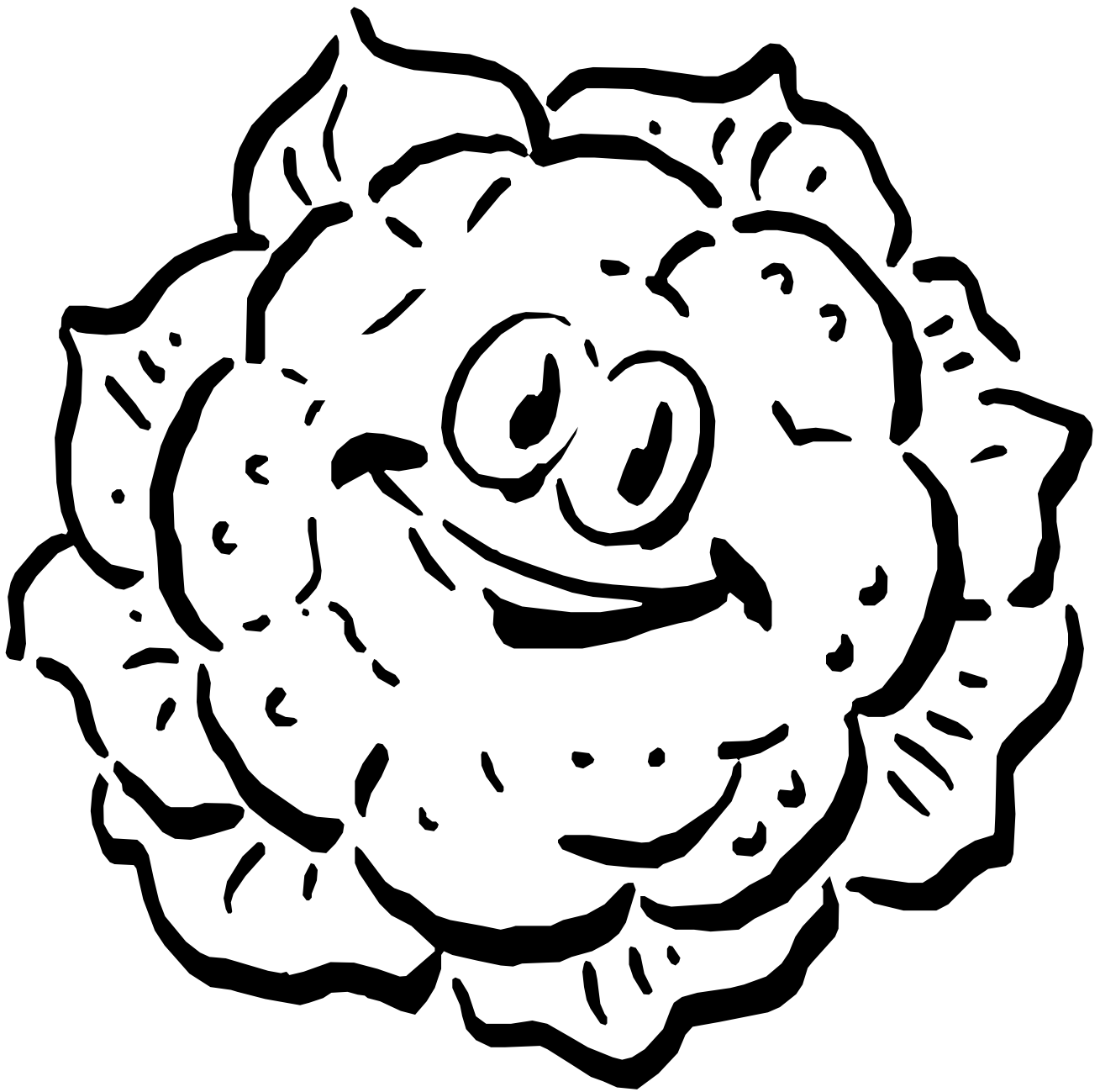
Hi, we are the rock group, "THE BELL PEPPERS".

We are good in Vitamins A, & C and potassium
that helps your body fight germs.



Hi, I'm MR. BROCCOLI SPEARS. I give your
body Vitamins A, C, B-1, calcium and potassium.

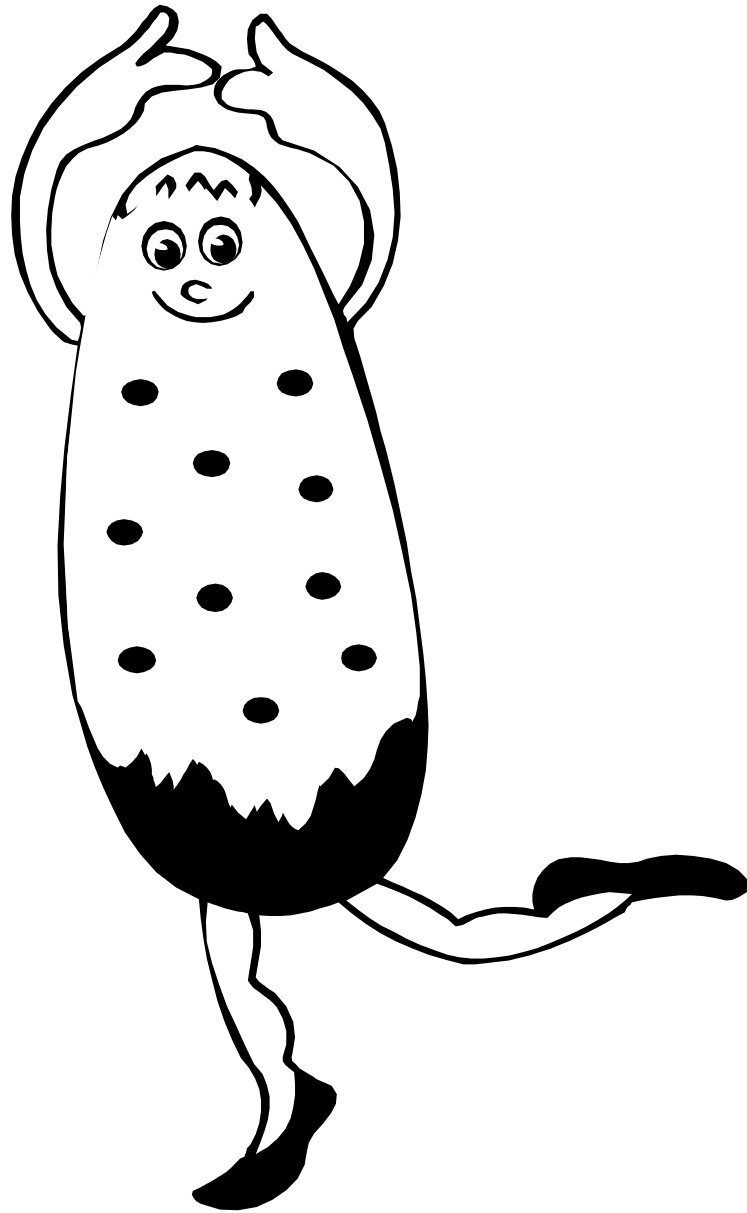
I keep your body strong and healthy.



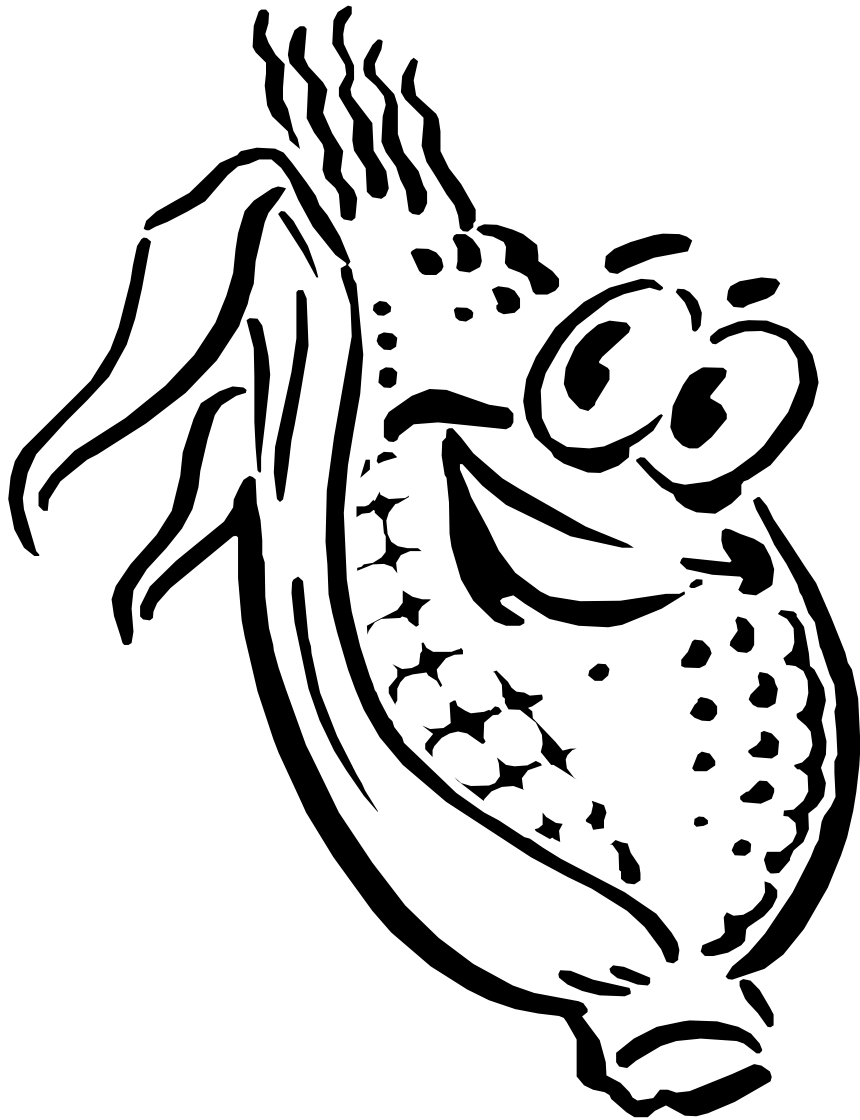
Hi, I'm CALLIE CAULIFLOWER. I'm rich in
Vitamin C, calcium, and phosphorus. I help build
strong bones and teeth. I help you see better and
keep your heart strong.



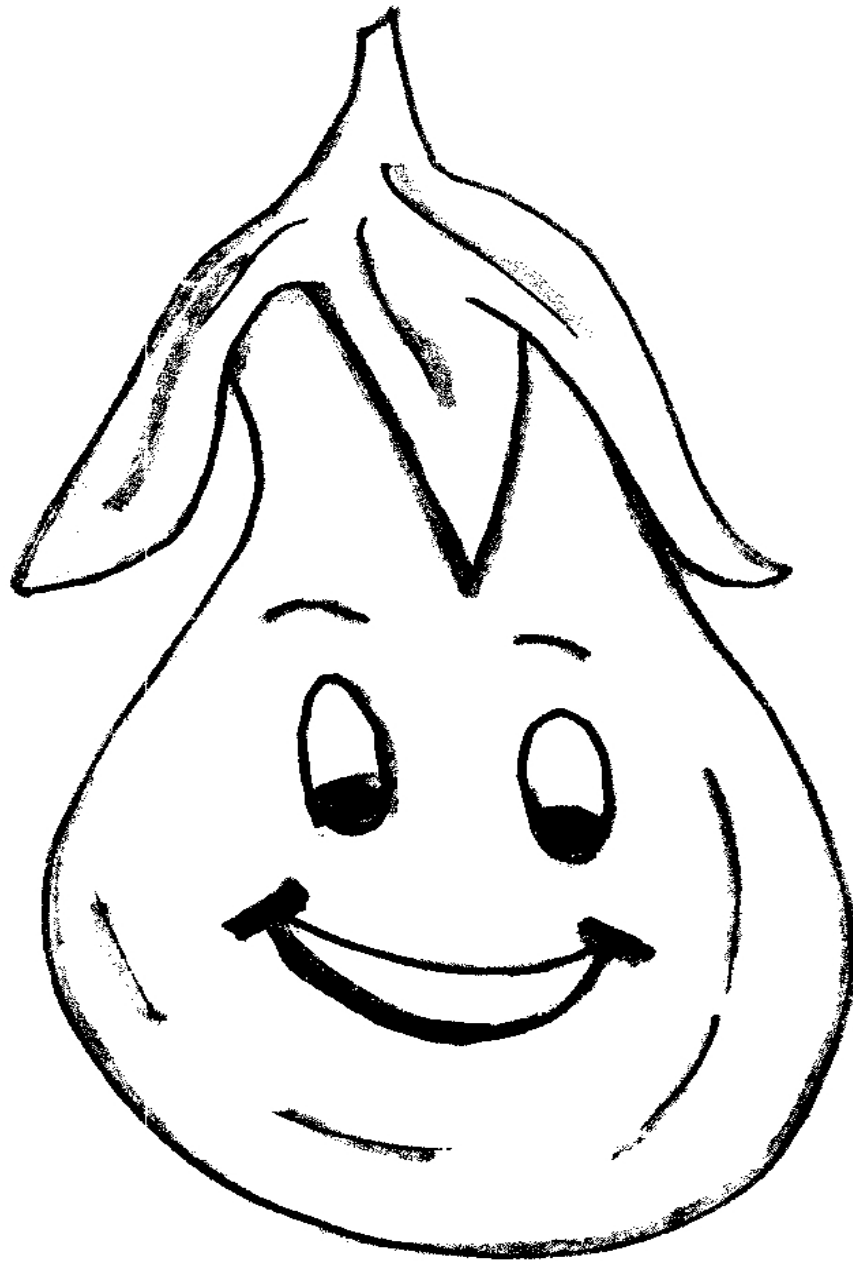
I'm MR. CHILI PEPPER. I give your body
Vitamins A & C and potassium. I keep your
body healthy by fighting germs.



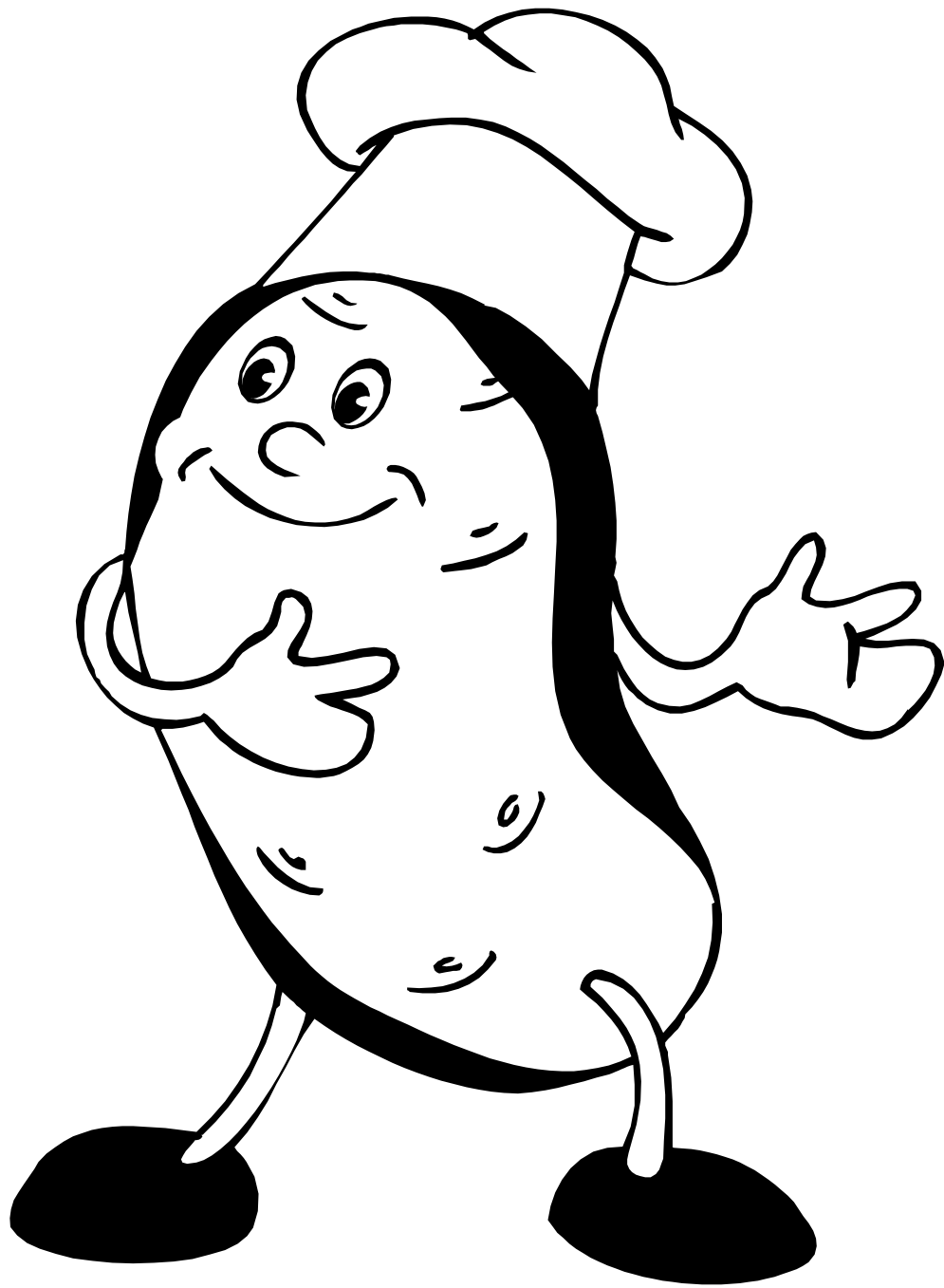
Hi, I'm CHRISTY CUCUMBER. I'm rich in
potassium and dietary fiber. I also contain
Vitamin A and Vitamin C. I help you from
getting sick.



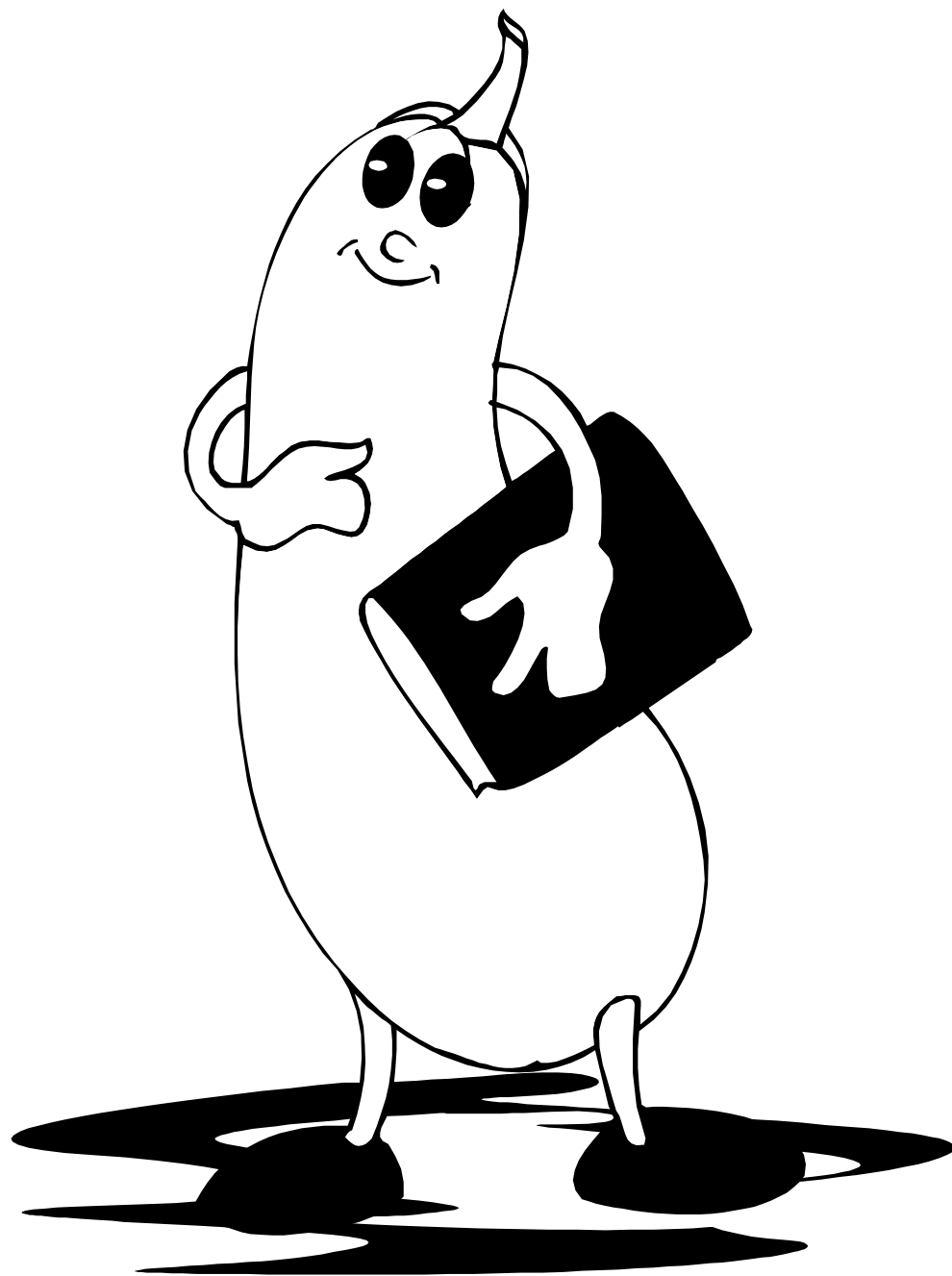
Hi, I'm COBBY CORN. I give your body Vitamin
A & potassium. I give you healthy eyes & keep
you from catching a cold.



Hi, I'm ESTHER EGGPLANT. I give your body
Vitamin A, potassium and folic acid. I help you
to have healthy eyes and grow strong bones.



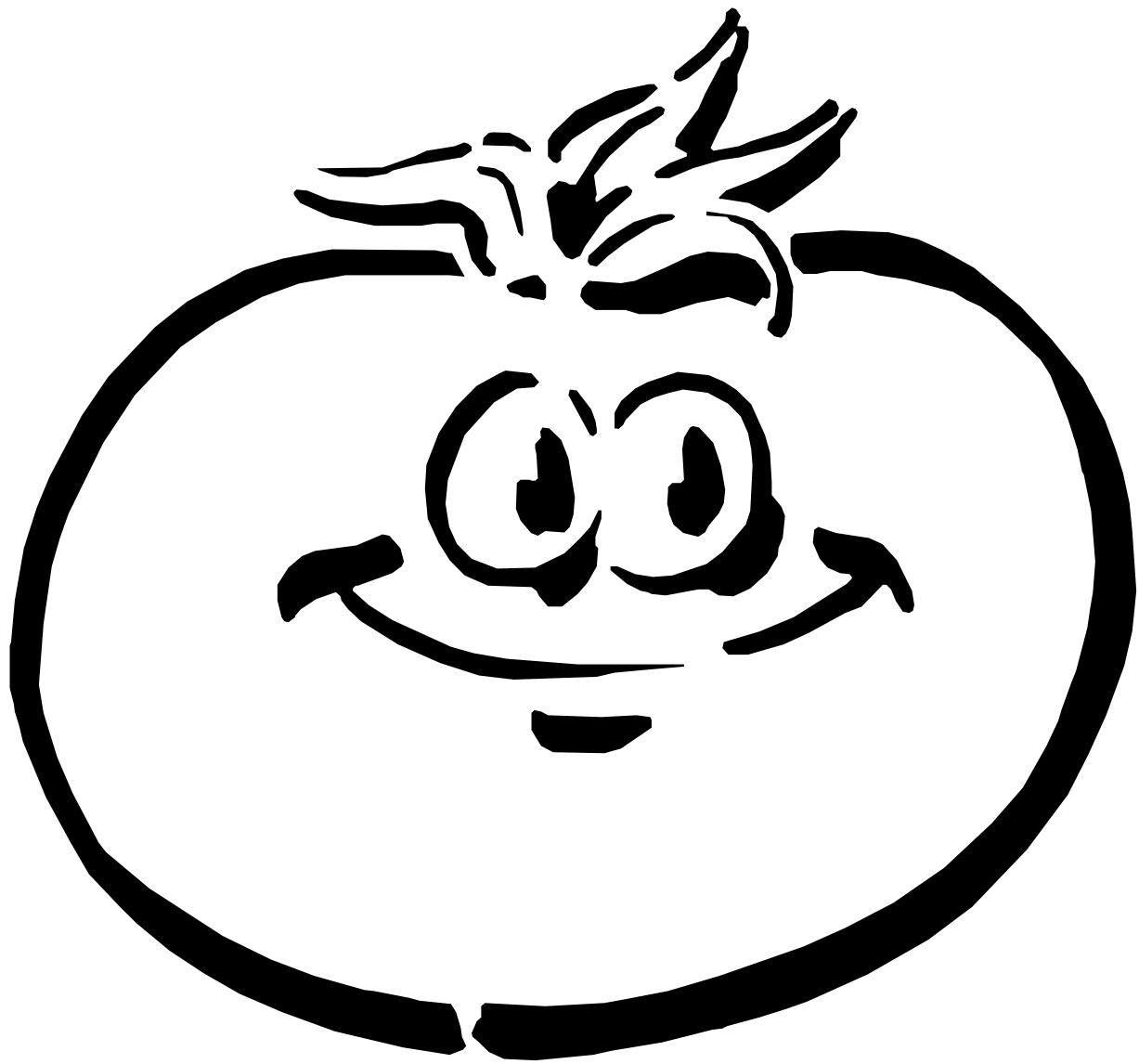
Hi, I'm CHEF PEPE POTATO. I give your body
carbohydrates & potassium. I give energy to
your muscles.



Hi, I'm MISS SUMMER SQUASH. I contain
dietary fiber that cleans the inside of your
body.



Hi, I'm RUDY RADISH. I am rich in folic acid,
calcium, potassium and Vitamin C. I help keep
your body strong and healthy.



Hi, I'm TONY TOMATO. I give your body potassium and Vitamins A & C. I help you to have healthy eyes and grow strong bones.

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Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or nation origin.

The Texas A&M University system, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

A member of the Texas A&M University System and its statewide Agriculture Program