

## Healthy Vegetables and Fruits We Should All Eat

### Apples



- Apples, fresh, dried, or juiced, offer great nutritional value.
- Over 7,500 varieties of apples are grown worldwide.
- Apple trees take 4-5 years to produce fruit.
- Common varieties include Honey Crisp, Granny Smith, Gala, Fuji, Pink Lady, and McIntosh.
- The crabapple is the only apple native to North America.
- Apples are a heart healthy fruit that help reduce the risk of cardiovascular disease.
- Apples are fat free, sodium free, and cholesterol free.
- Apples are nutrient dense and filled with vitamins, minerals, and dietary fiber.

<https://fruitsandveggies.org/fruits-and-veggies/apple/>

### Broccoli



- Broccoli is great fresh, steamed, or frozen.
- It is very versatile – can be raw or cooked, in casseroles, soups or salads, or in stir-fry.
- It is an excellent source of fiber, Vitamin C, and potassium.
- For the best taste, choose broccoli with a firm stem and tightly packed florets that are dark in color.
- Dark color indicates high nutrient levels.
- Broccoli is present in many ethnic cuisines such as Asian, Chinese, Japanese, Korean, Southeast Asia, Latino, and Mediterranean.

<https://fruitsandveggies.org/fruits-and-veggies/broccoli/>

### Pumpkins



- Often used to make jack o' lanterns for Halloween; pumpkin seeds make a fantastic snack.
- Pumpkin can be prepared either savory in stews and soups or sweet in various desserts.
- Pumpkin is a good source of Vitamin A and Vitamin K that helps support vision, heart, and lung health.
- Pumpkin contains no saturated fat and cholesterol free which helps prevent the risk of coronary heart disease.
- Available fresh and canned for good nutrition and convenience.
- Smaller pumpkins tend to be sweeter.

<https://fruitsandveggies.org/fruits-and-veggies/pumpkin/>

### Sweet Potatoes



- Sweet potatoes are available fresh, frozen, or canned.
- They are low in sodium, fat free, and cholesterol free.
- Sweet potatoes have a high fiber content that can assist with digestion and protects against diverticular disease.
- They are a good source of potassium which reduces the risk of high blood pressure and stroke.
- Sweet potatoes are a nutrient rich vegetable, high in Vitamin A and Vitamin C.
- Consumption has been shown to lower risk of heart disease, stroke, cancer, type 2 diabetes, and prevent obesity.
- Store sweet potatoes in a cool, dark place for use within 3-5 weeks.

<https://fruitsandveggies.org/fruits-and-veggies/sweet-potato/>



### Asian Pears



- Ripe Asian Pears are hard and do not soften, unlike traditional pears.
- Pears are a member of the rose family.
- Pears are a good source of fiber which benefits heart health and provides a feeling of being full.
- Pears can help reduce cholesterol and blood pressure.
- They are full of Vitamin C and Vitamin K that help the immune system, bone metabolism, and regulate blood clotting.
- Consumption helps to reduce symptoms associated with coughs, ulcers, and constipation.
- Pears can be eaten both raw and cooked.
- Pears are great for canning and dehydrated purposes.

<https://fruitsandveggies.org/fruits-and-veggies/asian-pears-nutrition-selection-storage/>

### Brussel Sprouts



- Brussel sprouts are available fresh and frozen.
- Choose firm, compact, bright green sprout heads.
- They are great sources of Vitamins B, C, and K helping with eyesight, immune system, cell growth, and healing.
- Brussel sprouts contain high levels of copper which are important for red blood cell growth.
- Brussel sprouts are very low in sodium and calories which reduces the risk of heart disease.
- The U.S. produces 70 million pounds of sprouts each year.
- The sulforaphane that gives brussels sprouts their unique flavor also helps lower cancer risks.
- They are a very versatile vegetable that can be grilled, stir-fried, or roasted.

<https://fruitsandveggies.org/fruits-and-veggies/brussels-sprouts/>

### Celery



- Celery is highly nutritious and packed with Vitamin C which helps target the immune system.
- When selecting, choose straight, rigid celery stalks with fresh leaves.
- Celery protects heart health and reduces risk of heart disease.
- Celery is a low-calorie vegetable with a high-water content of 95%.
- It is a convenient on-the-go snack or can be incorporated into cooked dishes, stir-fries, or salads.
- Celery is rich in antioxidants and anti-inflammatory compounds that help fight cell damage, muscle inflammation, and promote overall health.
- Celery has high levels of fiber which help to keep bowel movements regular and aids in weight maintenance.

<https://fruitsandveggies.org/fruits-and-veggies/celery/>

### Lima Beans



- Lima beans should not be eaten raw.
- They are a great source of fiber that helps fuel the colon cells to keep them healthy.
- They are available fresh, canned, or dried.
- Lima beans are rich in manganese which helps to boost bone strength and the body's ability to process fats and carbohydrates.
- Most pod sizes are wide, flat, and slightly curved.
- They are high in Vitamin B6 which helps create hemoglobin and prevent anemia.
- They contain molybdenum which is important in breaking down toxic substances that enter the body.

<https://fruitsandveggies.org/fruits-and-veggies/lima-beans/>

### Turnips



- Small to medium size turnips are the sweetest.
- They are versatile - both its roots and leafy greens can be eaten.
- Turnips can be boiled, mashed, or eaten raw.
- They are low in fat which helps reduce the risk of some types of cancer.
- Turnips are high in fiber providing aid in digestion.
- They are low in cholesterol levels and saturated fat which helps prevent heart disease.
- Turnips are a great source of vitamin K, A, and C, as well as minerals such as folate, copper, and manganese.

<https://www.medicalnewstoday.com/articles/284815#diet-tips>

### Cabbage



- Cabbage can be steamed, boiled, stuffed, microwaved, or eaten raw.
- Cabbage is high in dietary fiber folate which is a nutrient needed for growth and production of hemoglobin.
- One cup of cabbage is about 15 calories.
- Drinking juiced cabbage is known to assist in curing stomach and intestinal ulcers.
- Cabbage contains quantities of fiber and iron that keeps the digestive tract and colon in a healthy condition.
- Cabbage is high in Vitamin C which prevents skin diseases, arthritis, and rheumatism.
- Cabbage has a high sulfur content which increases keratin production resulting in healthier hair, skin, and nails.

<https://www.canr.msu.edu/news/cabbageandthesciencebehindthem>