

How to eat Healthy on a Budget

Tips:

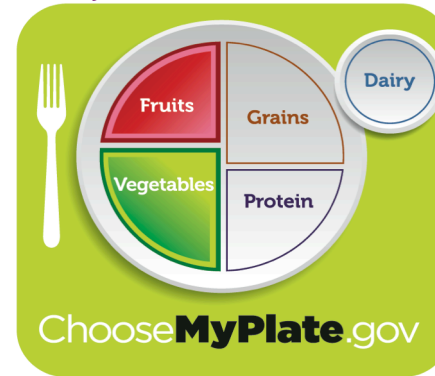
- Buy in season and buy locally
- Buy more on sale and freeze extra
- Use leftovers
- Comparison shop
- Skip take-out and packaged foods
- Use meat as a condiment
- Plan!



Easy EATS!

Fruit & Vegetable Nutrition

How Much?



How do I Choose? Colorful • Seasonal • Local



Include Fruit & Vegetables at every meal.
Prepare more so you have leftovers.



Use whole or cut Fruit & Vegetables as snacks
throughout the day.



Replace half of the meat in your recipe with
Vegetables. Make them the center of your meal.

Nutrients

Fruit + Vegetables
Contain:

- Fewer calories
- No fat or good fat
- Fiber
- Vitamins
& Minerals
- Antioxidants &
Phytochemicals

Benefits

Decreased risk of:

- Heart Disease
- Cancer
- Stroke
- Diabetes
- Obesity
- Dementia



Tomatoes, Watermelon, Guava

Lycopene:
Antioxidant

Carrots, Sweet Potatoes,
Mangoes, Winter Squash, Peppers

Vitamins A+C, Carotenoids:
Antioxidants, Support eyesight

Oranges & Other Citrus, Nectarines,
Peaches, Papayas, Apples

Vitamin C, Flavonoids:
Many roles, Anti-inflammatory

Spinach, Leafy Greens, Herbs, Asparagus

Folate: Builds healthy cells &
genetic material; Antioxidants

Broccoli, Brussels, Cabbage, Cauliflower,
Mustard Greens, Kale, Collards

Sulforaphane:
Anti-cancer, Anti-microbial

Garlic, Onions, Scallions, Leeks
Chives, Shallots

Allyl Sulfide, Flavonoids:
Detoxify body, ↓cholesterol

Berries, Plums, Eggplant

Anthocyanins, Phenols:
Anti-cancer, Anti-Inflammatory

Red Grapes, Beets

Resveratrol, Betalain:
Anti-cancer, Anti-inflammatory

Whole Grains, Legumes

Fiber, Protein, B-vitamins, Minerals,
Polyphenols, Flavonoids: ↓cholesterol

eat seasonal • eat local

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NJ Seasonality Chart



Fruits & Berries	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCT.	NOV.	DEC.
Apples									
Blackberries									
Blueberries									
Cherries									
Cranberries									
Grapes									
Peaches, Nectarines									
Pears									
Plums*									
Strawberries									
Vegetables									
Arugula									
Asparagus									
Beans*									
Beets									
Bok Choy									
Broccoli									
Cabbage									
Carrots									
Cauliflower									
Chard									
Chinese Cabbage									
Collards									
Cucumbers*									
Dandelion Greens									
Eggplant*									
Garlic									
Garlic Scapes									
Herbs*									
Kale*									
Leeks									
Lettuce									
Lima Beans									
Mustard Greens									
Okra**									
Onions									
Parsnips									
Peas									
Peppers									
Potatoes									
Pumpkins									
Radish									
Scallions									
Squash									
Spinach									
Sweet Corn									
Tat Soi									
Tomatoes*									
Turnips									

- | | | | | | | | |
|--|--|---|---|---|---|--|--|
| <ul style="list-style-type: none"> * Plums • Traditional • Fall Bearing | <ul style="list-style-type: none"> * Cucumbers • Pickle • Salad | <ul style="list-style-type: none"> * Herbs • Basil • Chives • Cilantro • Dill • Mint • Parsley | <ul style="list-style-type: none"> * Kale • Curly • Lacinata | <ul style="list-style-type: none"> * Peppers • Bell • Jalapeno • Poblano • Serrano | <ul style="list-style-type: none"> * Potatoes • Idaho (baking) • Wax • Yukon Gold • Purple • Sweet Potato | <ul style="list-style-type: none"> * Squash • Yellow • Zucchini • Winter Squash • Hubbard • Acorn • Pumpkin | <ul style="list-style-type: none"> * Tomatoes • Grape • Roma • Beefsteak • Heirloom |
| <ul style="list-style-type: none"> * Beans • Green snap • Wax • Yellow | <ul style="list-style-type: none"> * Eggplant • Italian • Asian | <ul style="list-style-type: none"> * Lettuce • Bibb • Green/Red leaf • Romaine • Spring Mix | | | | | |

Note: Seasonal variations exist in the northern and southern parts of the state. This information has been sourced with information provided by NJ Farm Bureau, the NJ Department of Agriculture and Rutgers Cooperative Extension. Funding was provided by a 2010 USDA Specialty Crop Block Grant. 05/2011