



Prescription Card: Fruits and Vegetables



These health and nutrition cards are provided by the Poughkeepsie Mother's Project through the generosity of the Poughkeepsie Branch American Association of University Women

- Fruits and veggies are important for boosting your immune system and improving your overall health!
- About half of what you eat should be fruits and veggies.
- Fresh fruits and veggies are great. So are frozen ones.
- Canned fruits and veggies are fine if they do not contain any salt, sugar, or other additional ingredients.

Some veggie suggestions:

Broccoli, cauliflower, brussels sprouts, cabbage, kale, collards, turnip greens, spinach, salad greens other than iceberg lettuce, asparagus, artichoke, onion, green beans

Some fruit suggestions:

Avocado, eggplant, cucumber, bell pepper, zucchini, squash, apples, oranges, clementines, lemons, fresh or frozen berries, fresh or frozen melon, bananas, grapes, peaches, nectarines, plums, permissions, pears, pomegranates, kiwis

