

# Health Promotion in Motion!

## Fruits, Vegetables, and Weight

### Fruits and Veggies are Filling

- To lose weight, you must eat fewer **calories** than your body uses. But, this does not mean you have to eat less **food**.
- To cut calories, substitute low-calorie fruits and vegetables for some of the high-calorie ingredients like cheese and meat.
- This works because most fruits and vegetables are naturally low in calories. That's because they are low in fat and high in **water** and **fiber**.
- The water and fiber in fruits and vegetables add **volume**. That means they take up more space on your plate and in your stomach. They are filling. You'll feel more satisfied when you add them to your meals. Research shows that feeling full is one reason people stop eating. It's a stronger factor than how many calories you eat.



### Substitution is Key

- Eat fruits and vegetables **instead** of other higher-calorie foods.
- If you eat fruits and vegetables in **addition** to what you usually eat, you are adding calories – and may gain weight.

### Simple Hints

- Eat off a normal-size or small-size plate – not a platter.
- Fill half your plate with fruits and vegetables at every meal.
- Make fruits and vegetables your first choice for snacks.



**Cereal** Put less cereal in your bowl to make room for cut-up bananas, peaches or berries.



**Omelets** Substitute spinach, onions or mushrooms for one of the eggs or half of the cheese in your omelet. The veggies will add flavor, color and volume.



**French Toast, Pancakes and Waffles** Top with chopped fruit or berries and a tablespoon of plain or flavored yogurt.

**Sandwiches, Wraps, Burritos** Substitute fresh or roasted vegetables for half of the cheese and meat in your sandwich, wrap or burrito. Try adding lettuce, tomatoes, onions, beans, eggplant, mushrooms, or cucumbers.

**Soups** Add 1 cup fresh, frozen or canned vegetables, to your favorite soup. Try broccoli, carrots, beans, or red peppers.



**Side Dishes** Serve 1 cup of chopped vegetables instead of 1 cup of rice or pasta. You can use fresh, frozen or canned vegetables. Try broccoli, squash, tomatoes, onion, or peppers.

### Snacks

- Choose mostly fruits and vegetables for your snacks.
- One snack-size bag of corn chips (1 ounce) has the same number of calories as a small apple **and** 1 cup strawberries **and** 1 cup of carrots with ¼ cup of low-calorie dip – **all combined!**
- All of these snacks are about 100 calories:
  - 1 medium apple (72 calories)
  - 1 medium banana (105 calories)
  - 1 cup blueberries (83 calories)
  - 1 cup grapes (100 calories)
  - 1 cup steamed green beans (44 calories)
  - 2 tablespoons of hummus (46 calories) with 1 cup of veggies, such as carrots (45 calories), broccoli (30 calories), or bell pepper (30 calories)



## Green Apple and Onion Salad

**4 servings (1 cup fruits and vegetables per person)**

2 Granny Smith apples (about 1 pound) quartered lengthwise, cored and thinly sliced crosswise  
1 small Vidalia or white onion, quartered and thinly sliced  
1-inch piece of ginger, peeled and cut into very fine matchsticks  
2 tablespoons finely shredded fresh basil  
3 tablespoons fresh lemon juice  
1/8 teaspoon salt  
1/8 teaspoon ground pepper



- Toss apple slices with lemon juice to prevent browning.
- Toss all ingredients in a bowl.

**Nutrients per serving:** 70 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 75mg sodium, 18g carbohydrate, 3g dietary fiber, 1g protein.

**Diabetic Exchanges:** 1fruit.

For more fruit and vegetable recipes, visit [www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies).

Contact the NH Fruit and Vegetable Program ([healthylifestyles@dhhs.state.nh.us](mailto:healthylifestyles@dhhs.state.nh.us) or 603-271-4551) for a copy of the brochure, "How to Use Fruits and Vegetables to Help Manage Your Weight."