

June 2019

# Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



## Increasing Your Fruits and Vegetables

Fruits and vegetables are important to incorporate in your diet. They offer many health benefits, such as: vitamins, minerals, fiber, antioxidants, low calorie option, and may help reduce the risk of some chronic diseases. Fruits and vegetables come in many different varieties. Knowing how to prepare the fruits and vegetables in a healthy manner is key.

Fruits and vegetables can be fresh, frozen, canned and/or dried. For fresh fruits and vegetables, make sure the item is in season. Shopping within the season ensures the lowest cost and the greatest flavor. If the fruit and/or vegetable is out of season, choose frozen or canned. Frozen vegetables are generally frozen at the peak of their season, preserving their nutrients and flavor at their greatest. When purchasing frozen, try to avoid those in sauces or seasonings already added. Canned options are great as well. Remember to choose "low sodium/no salt added" to ensure the healthiest option. For fruits, make sure canned vegetables are canned in "water or fruit juice". Avoid any fruits canned in syrups which can add sugar.

There are many ways to increase your fruit and vegetable consumption. One way to increase your fruits and vegetables is to have things readily available and ready to eat. When you come in from the store, go ahead and wash and dry your fruits and vegetables. This way when you want a quick snack, it is ready to go. If you plan to eat your fruit or

vegetable quickly, you can cut and store them in food saving containers. This will also help cut down on your prep time and. Having fruits and vegetables ready-to-eat, will help keep you on track rather than turning to junk food.

It is also important to ensure you have versatile fruits and vegetables. It is often cheaper to buy multiple items rather than just one single item. Having vegetables on hand that you can make many different recipes with will help encourage greater consumption.

Eat a variety of colors with your fruits and vegetables. Having a diet rich in color will ensure you are getting a variety of nutrients. Try to have at least 3 different colors in each meal. Eating a variety of colors will be more eye appealing rather than just bland colors.



# When to Expect Your Favorite Vegetables to Be In Season For Kentucky

## For the Month of May:

Asparagus  
Greens  
Lettuce  
Green Onions  
Radishes  
Strawberries

## For the Month of June:

Beans  
Beets  
Blackberries  
Blueberries  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Cucumbers  
Eggplant  
Kohlrabi  
Okra  
Peaches  
Raspberries  
Summer Squash  
Turnips

## For the Month of July:

Apples  
Brussel Sprouts  
Cantaloupe  
Corn  
White Onions  
Plums  
Watermelon

## For the Month of September:

Kohlrabi  
Lettuce  
Potatoes  
Radishes  
Sorghum  
Turnips

## For the Month of October:

Broccoli  
Cabbage  
Carrots  
Cauliflower  
Green Onions  
Sweet Potatoes

## For the Month of August:

Grapes  
Paw Paws  
Pears  
Winter Squash



### References:

1. [http://www.kvagr.com/marketing/documents/FM\\_ProduceAvailabilityGuide.pdf](http://www.kvagr.com/marketing/documents/FM_ProduceAvailabilityGuide.pdf)
2. <https://www.choosemyplate.gov/vegetables-nutrients-health#>
3. [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet2AddMoreVegetables-sp\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet2AddMoreVegetables-sp_0.pdf)
4. [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet3FocusOnFruits\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet3FocusOnFruits_0.pdf)
5. <https://acl.gov/news-and-events/announcements/older-americans-month-2019-theme>
6. <https://acl.gov/news-and-events/announcements/may-20-national-older-adult-mental-health-awareness-day>

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<https://chfs.ky.gov/agencies/dail/Pages/nutrition.aspx>