

# Nutrition Matters

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## Best Buys In... Vegetables and Fruit

Are you getting enough? *Canada's Food Guide to Healthy Eating* recommends 5-10 servings of vegetables and fruits per day. Vegetables and fruit are great sources of vitamins, minerals and fibre. Dark green vegetables and orange fruits and vegetables are rich in vitamin A and folate. Citrus fruits are excellent sources of vitamin C.

### Think Fresh

- Fresh produce is cheapest when it is in season.
- Buy produce at its peak of freshness.
- Buy bags of produce instead of individual pieces. Share with a friend or be sure that you can use them all before they spoil.
- Choose small apples or bananas for children instead of large fruit.
- Visit pick-your-own farms; preserve large quantities by freezing or canning.
- Grow your own vegetables. You can get started with a small garden or window box.

#### Good Value For Vegetables in Season

Broccoli	Romaine Lettuce
Brussels sprouts	Potatoes
Cabbage	Rutabagas
Carrots	Spinach
Cauliflower	Squash
Corn	Sweet potatoes
Green beans	Tomatoes

#### Good Value For Fruit in Season

Apples	Bananas
Grapefruit	Grapes
Kiwis	Nectarines
Oranges	Plums
Peaches	Pears
Strawberries	

### Frozen and Canned

- Canned or frozen products are a better buy when vegetables and fruit are not in season.
- Canned and frozen products have about the same nutrient content as fresh.
- Do not thaw frozen vegetables before cooking. This will help retain the nutrients.
- Avoid breaded vegetables or those that have added sauces. These cost more and may be higher in fat.
- Compare the price of the products using unit price (price/100 mL usually seen on the store shelf sticker) to find the best buy.
- Avoid fruit punches, beverages or drinks as they contain a small amount, or no fruit juice. Look for frozen concentrated **juice** for the best buy.
- A juice box costs more per serving than juice bought in a larger container. For lunches, use a thermos or bottle to bring juice from home.

## Best Buys...When in Season

The following chart indicates the main season for Ontario harvest. The dots indicate optimum availability and peak “pick your own” season.

Fruits/ Vegetables	June	July	August	September	October
Apples				• • • • •	• • • • •
Blueberries			• • • • •		
Cherries	• • • •				
Grapes				• • • • •	
Peaches		• • • • •			
Pears				• • • • •	
Strawberries	• • • • •				
Beans (wax)		• • • • •	• • • • •	• • • • •	
Broccoli		• • • • •	• • • • •	• • • • •	• • • • •
Carrots		• • • • •	• • • • •	• • • • •	• • • • •
Cauliflower		• • • • •	• • • • •	• • • • •	• • • • •
Peas		• • • • •	• • • • •		
Squash			• • • • •	• • • • •	• • • • •
Tomatoes		• • • • •	• • • • •	• • • • •	

Source: Foodland Ontario

### Tips on How To Use Leftover Vegetables and Fruit

#### Vegetables

- Add to tossed salad
- Create a stir fry
- Add to casseroles, soups or an omelette
- Marinate in oil, vinegar and spices (serve chilled)

#### Fruits

- Make a fruit salad
- Add to a vegetable salad
- Mix into batter for baked goods (muffins, bread)
- Use on top of cereal

### Quick & Easy Stir Fry

#### Ingredients

½ cup	Chicken or vegetable stock	125 mL
2 tbsp	Soy sauce	30 mL
1 tbsp	Cornstarch	15 mL
1 tsp	White sugar	5 mL
2 cloves	Garlic	2
¾ lb	Chicken, beef or pork, thinly slice	350 g
1	Medium onion, thinly sliced	1
3 cups	Assorted vegetables cut in bite-sized pieces	750 mL
2 tbsp	Vegetable oil	30 mL

#### Method

1. Mix together the stock, soy sauce, cornstarch, and sugar. Set aside.
2. In a wok or large frying pan, heat 1 tbsp of the oil over medium heat. Add meat and stir fry for 4 to 5 minutes until cooked through. Remove and set aside.
3. Add remaining oil and heat as before. Add the garlic and onion and stir fry 1 minute. Add the other vegetables starting with the firmer ones. Stir fry 1 to 2 minutes between each group of vegetables.
4. Add the meat and sauce to the stir fry. Continue to cook until the sauce is clear and thickened. Serve immediately.

Source: Cooking Healthy Together, 1998.

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Revised 06/01