

# Seasonal Fruits and Vegetables

## Spring

Apples  
Apricots  
Asparagus  
Avocados  
Bananas  
Broccoli  
Cabbage  
Carrots  
Celery  
Collard greens  
Garlic  
Herbs  
Kale  
Kiwifruit  
Lemons  
Lettuce  
Limes  
Mushrooms  
Onions  
Peas  
Pineapple  
Radishes  
Rhubarb  
Spinach  
Strawberries  
Swiss chard  
Turnips

## Summer

Apples  
Apricots  
Avocados  
Bananas  
Beets  
Bell peppers  
Blackberries  
Cantaloupe  
Carrots  
Celery  
Cherries  
Corn  
Cucumbers  
Eggplant  
Garlic  
Green beans  
Herbs  
Honeydew melon  
Lemons  
Lima beans  
Limes  
Mangos  
Okra  
Peaches  
Plums  
Raspberries  
Strawberries  
Summer squash  
Tomatillos  
Tomatoes  
Watermelon  
Zucchini

## Fall

Apples  
Bananas  
Beets  
Bell peppers  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard greens  
Cranberries  
Garlic  
Ginger  
Grapes  
Green beans  
Herbs  
Kale  
Kiwifruit  
Lemons  
Lettuce  
Limes  
Mangos  
Mushrooms  
Onions  
Parsnips  
Pears  
Peas  
Pineapples  
Potatoes  
Pumpkin  
Radishes  
Raspberries  
Rutabagas  
Spinach  
Sweet potatoes  
Yams  
Swiss chard  
Turnips  
Winter squash

## Winter

Apples  
Avocados  
Bananas  
Beets  
Brussels sprouts  
Cabbage  
Carrots  
Celery  
Collard greens  
Grapefruit  
Herbs  
Kale  
Kiwifruit  
Leeks  
Lemons  
Limes  
Onions  
Oranges  
Parsnips  
Pears  
Pineapples  
Potatoes  
Pumpkin  
Rutabagas  
Sweet potatoes  
Yams  
Swiss chard  
Turnips  
Winter squash



# Eat Your Fruits and Veggies



## The Benefits

- People who eat fruits and vegetables as part of an overall balanced diet may lower their risk for certain diseases.
- Fruits and vegetables provide nutrients needed to maintain your health and body.
- Most fresh fruits and vegetables are low in fat, sodium, and calories, depending on preparation.
- Fruits and vegetables have many essential nutrients such as potassium, fiber, vitamin C, folate and vitamin A.
- Fruits and vegetables are a source of dietary fiber, which can help reduce cholesterol and aid in digestion.

## How Much is Enough?

- The amount of fruit and vegetables needed for proper nutrition depends on many variables. You can visit [myplate.gov/myplate-plan](https://myplate.gov/myplate-plan) to learn more about individual recommendations.
- What is a cup? Measuring fruit and vegetables servings can vary based on the produce and how it's prepared. While one cup of grapes is a fruit serving, 1/2 cup of raisins is also a serving. You can visit the below links to learn more about fruit and vegetable serving sizes:
  - Fruit: [myplate.gov/eat-healthy/fruits](https://myplate.gov/eat-healthy/fruits)
  - Vegetables: [myplate.gov/eat-healthy/vegetables](https://myplate.gov/eat-healthy/vegetables)



## Tips For More

- Start your day with a serving. Include a fruit or vegetable with your breakfast.
- Plan fruits and vegetables into your snacks; oranges need no prep or packaging.
- Seek out recipes with lots of vegetables, like stir fry.
- Experiment with your salads and try adding lots of colorful produce. Bonus points if you use seasonal produce!
- Try a produce-packed smoothie. You can find smoothie recipes at <https://www.eatingwell.com/recipes/17989/drinks/smoothies/>.
- Add a serving to your sandwich. Ask for lettuce and tomato on your turkey on rye.
- Pair them with something you like. Dip carrot sticks in salsa or guacamole, enjoy cucumber slices with ranch, or fill celery with peanut butter.
- We eat the things we see, so keep your produce at eye level.
- Have a plan for the fruits and vegetables you buy to reduce food waste.
- Wash produce as soon as you get it to reduce time in the kitchen during your busy week.

Please discuss your health condition and dietary restrictions with your health care provider before starting a new diet program.

### Sources:

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