

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



Fruit & Veggies

DID YOU KNOW...

To produce one pound of beef it takes 1799 gallons of water; one pound of pork takes 576 gallons of water. Compared to 216 gallons for 1 pound of soybeans and 108 gallons for 1 pound of corn.



Weekly Challenge:

Be aware of your water use this week.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Pam VanKampen, RDN, CD



Health Stats Fruit & Veggies

The risk of hospitalization or death from heart disease is 32% lower in vegetarians than in people who eat meat and fish, according to a British Study (AJCN, 2013)

Diets that include more whole plant foods are linked with longer life span (AJCN, 2009)

Diets with higher amounts of protein from plants linked with lower mortality. (Am J Kidney Dis, 2015).

Helpful Tip:

Food as Protection!

Weekly Challenge:

Eat 1 additional serving of fruits and veggies/day

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Definitions Plant Based Diets

Vegan- no animal foods

Lacto-Ovo Vegetarian- No animal flesh but allows for dairy and eggs

Pescatarian- No animal flesh, except for fish and seafood

Semi-Vegetarian or “Flexitarian”. Small amounts of animal foods

Do you know anyone who follows any of these diets?

Weekly Challenge:
Try a vegan recipe this week.

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Quick Meal Ideas Fruit & Veggies

Microwave a bag of steam able broccoli (or any veggie of your choice) and a bag of microwave pasta per package directions. In a large bowl, combine 2 TBSP pesto sauce with the cooked noodles and broccoli. Stir in 1-2 cups of precooked rotisserie chicken and garnish with Parmesan cheese.

Adapted from Betsy Ramirez, MEd, RDN



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Weekly Challenge:

Try steam able veggies



Quick Meal Ideas Fruit & Veggies

Prepare pasta or noodles that you prefer according to package directions. Drain and set aside. In a pot, add olive oil and minced garlic. Toss in 1 can drained tuna, a jar of your favorite tomato sauce and ½ bag of frozen kale or spinach, or about 3 cups fresh. Simmer for 10 minutes. Top pasta with the sauce mixture, seasonings and parmesan cheese. If you don't have tuna, add any leftover meat or beans.

Modified Recipe from Cara Rosenbloom, RD

Helpful Tip:

Substitute any frozen veggie you have on hand.

Weekly Challenge:

Try this recipe.

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Healthy Refried Beans

Drain and rinse a can of pinto, black or kidney beans. Place in a bowl and add garlic powder, cumin and pinch of salt and 1 TBSP olive oil.

Mash with a potato masher or fork until mixture is desired consistency. Cover and microwave on high for 1 minute, stir, then microwave another 45 seconds. Top with chopped avocado, shredded cheese, salsa, scallions, whatever you wish. Enjoy!

Modified Recipe from Lindsey Pine, MS, RDN, CSSD, CLT

Helpful Tip:

Freeze leftovers to enjoy later.

Weekly Challenge:

Invite a friend over and enjoy together.

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