

# Varieties of Fruits & Vegetables

Along with HMR Shakes and Entrees, fruits and vegetables are “free foods.” You can eat a lot and still lose weight. Also, fruits and vegetables are among the healthiest foods you can eat. Your goal is to eat at least five servings of fruits and vegetables every day, or as many as it takes to feel full.

- ◆ Vegetables and fruits are “free foods”—eat as many as you like!
- ◆ Try them cooked or raw (a piece of fruit or a cup of baby carrots makes a great snack)
- ◆ Prepare quickly in the microwave
- ◆ Steam or stir fry (with broth, not oil) on the stove
- ◆ Grill, bake, or roast (with no-calorie butter spray)

Use the list below to identify the ones you like or want to try.

## Vegetables



Acorn squash	Endive	Plantains
Artichokes	Garbanzo beans	Potatoes
Arugula	Green beans	Pumpkin
Asparagus	Green onions	Rutabaga
Avocado	Jicama	Soybeans
Black beans	Kale	Spaghetti squash
Black-eyed peas	Kidney beans	Spinach
Beets	Kohlrabi	Summer squash
Beet greens	Leeks	Sweet potato
Bok choy	Lentils	Swiss chard
Broccoli	Lettuce	Tomato
Brussel sprouts	Lima beans	Turnips
Butternut squash	Mushrooms	Watercress
Cabbage	Navy beans	Yams
Carrots	Okra	Yellow wax beans
Cauliflower	Onions	Zucchini
Celery	Parsnips	
Collard greens	Peas	
Corn	Peppers	
Cucumber	Pigeon peas	
Eggplant	Pinto beans	

**Fresh, frozen, or canned—  
they're all good for you!**

### **What Is a Serving of Vegetables?**

- ✓ 1 cup of vegetables
- ✓ ½ cup of beans (legumes)
- ✓ 3 cups of lettuce

If using canned or frozen vegetables, avoid any added sauces and fats.

### **AN EASY WAY TO GET YOUR VEGETABLES IN:**

Make sure to have vegetables with every entree you eat. Mixed together or on the side, this will make your meals more filling and satisfying.

## Fruits

Apples	Guava	Persimmon
Apricots	Honeydew melon	Pineapple
Bananas	Kiwi fruit	Plums
Blackberries	Kumquats	Pomegranate
Blueberries	Mango	Raspberries
Boysenberries	Nectarines	Star fruit
Cantaloupe	Oranges	Strawberries
Cherries	Papaya	Tangerines
Clementines	Passion fruit	Watermelon
Grapefruit	Peaches	
Grapes	Pears	

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### **What Is a Serving of Fruit?**

- ✓ whole piece of fruit
- ✓ 1 cup of cut fruit

If using canned or frozen fruits and vegetables, avoid any added syrups, sugar, or fats. To keep calories low, avoid dried fruit.



### **GETTING YOUR FRUITS IN:**

Adding fruit to your shakes and puddings is an easy way to make sure you have your 5 servings for the day.