

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 | |

**Fresh, frozen, or canned—
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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.