



FOOD CHECK-OUT WEEK[®]

STRETCHING YOUR GROCERY DOLLAR WITH HEALTHY, NUTRITIOUS FOOD

Romaine Strawberry Citrus Salad

8 Servings

Combine:

Lettuce and onions in a bowl or on a platter.

Top with berries, oranges, cheese and walnuts. Drizzle dressing over salad and serve.

1 serving = 140 Calories; 9g Fat; 14g Cholesterol; 4g Protein! Enjoy!

8 cups chopped Romaine lettuce or bagged salad greens

1 cup Mandarin oranges, drained or sliced, fresh orange segments

1 cup sliced, fresh strawberries

1/2 cup red onion, sliced thinly

2 oz goat cheese or feta cheese

1/2 cup chopped walnuts

1/2 cup Raspberry or Citrus flavored *light* vinaigrette



Produce

Farm Bureau®

Fast Facts:

- What do you notice when you look around the produce section?
 - Many colors, shapes, sizes (apples, oranges, bananas, melons, eggplant, lettuce, etc.)
 - Fruits and vegetables help you to EAT A RAINBOW!!
- Colors in produce represent nutrients that increase immune system function, heart health, brain health, and cancer-fighting agents. These nutrients also help lower the risk of dementia, lower bad cholesterol numbers and keep you regular, to name just a few of the benefits.
- Here are some benefits of vegetables and fruits:
 - High potassium which helps lower blood pressure.
 - Orange produce contain beta carotene, also known as vitamin A. Produce items that are orange include cantaloupe, oranges and carrots.
 - Purple produce contain powerful antioxidants that fight cancer cells. Identify produce items that are purple such as grapes, eggplants or purple onions.
 - Green produce is full of B vitamins, vitamins K, C, and calcium along with antioxidants & omega 3 fatty acids. The darker the green the more nutrients it has!
 - Fiber which helps control appetite, aids in managing blood sugar levels, helps to lower cholesterol, reduces the risk of certain cancers and acts as a “scrub brush” for our digestive system. The strawberry is particularly high in fiber and vitamin C.
 - The ability to make you feel fuller longer, while being low in calories. They help to control appetite.
- Serving sizes for fruits and vegetables:
 - 1 cup fresh and ½ cup cooked/canned and ¼ cup dried equal one serving
- Thinking in those sizes makes 5-9 servings/day easier to swallow.
 - Eat food first before supplements as Mother Nature’s own package enables the best absorption of the nutrients in our bodies.
- Budget considerations:
 - Bagged greens (buy if on sale) or chop up heads of lettuce and mix varieties of lettuce for more colors.
 - Buy produce in season for best prices and only purchase what you will eat in 4-5 days.
 - Frozen fruits and vegetables that contain no added ingredients may offer more flexibility and minimize waste.