



Summer Fruits & Vegetables

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We all know that fruits and vegetables should be a part of a healthy diet, but most of us do not get the recommended servings each day (2 to 2½ cups of veggies and 1½ to 2 cups of fruit). Many times, when we *do* eat fruits or veggies, we usually stick with the most familiar options. Apples, bananas, oranges, potatoes, corn, and lettuce are very familiar to most people. Have you ever thought about trying papaya, guava, or grilled eggplant or zucchini? Though not as common, they are just as delicious and nutritious as the other fruit and veggie choices.

With summer approaching, a wider variety of fruit and vegetable options will be available in the stores. Many times, people are hesitant to try new fruits and veggies because they don't know how to prepare them or are unsure if they'll like the taste. Take advantage of the variety available in the summer months by picking up a fruit or vegetable that you've never tried before. You might find that the apple or banana you normally eat has been replaced by a mango!

Refreshing Seasonal Summer Fruits



The following is a list of seasonal summer fruits:

Cherries • Strawberries • Raspberries • Figs • Watermelon • Valencia Oranges
• Nectarines • Peaches • Pineapple • Melons • Mango • Papaya Pears •
Apples • Kiwi • Blueberries • Plums • Red Grapes

Fruit is a sweet and healthy alternative to typically high-calorie desserts like cakes, cookies, and pies. A fresh fruit salad can be used for dessert, as a snack, or as a side item with any meal. Fresh fruit has a naturally high water content, so they can help you stay hydrated on a hot summer day while also providing your body with essential vitamins and minerals. Eating a variety of fruits may have added health benefits. A fruit's pigment, or color, contains nutrients specific to that color. For instance, red fruits contain lycopene, which can help reduce the risk of certain cancers. Many orange/yellow fruits are high in vitamin A and contain carotenoids, which can help with eye and heart health. Blueberries and other blue/purple fruits and veggies contain the powerful antioxidants called anthocyanins, which protect cells from damage.





Delicious Seasonal Summer Vegetables

The following is a list of seasonal summer veggies:

Tomatoes • Peppers • Corn • Squash • Spinach • Okra • Lettuce Zucchini • Green Beans • Cucumbers • Eggplant • Onions • Radishes Rhubarb • Potatoes • Sweet Potatoes • Garlic • Black-Eyed Peas

Fresh vegetables are an excellent source of vitamins, minerals, fiber, and antioxidants. With such a wide variety of vegetables available during the summer months, it is easy to incorporate them into your diet. You can combine several veggies together to make a healthy side salad to go with your dinner. Grilling veggies is another easy and delicious way to add them to your diet. Corn, peppers, eggplant, squash, and zucchini cook well on a grill and taste great alongside a main entrée. As with fruit, it is important to eat a variety of vegetables because their pigments offer various health benefits. Tomatoes contain lycopene, just like the red fruits listed above. Green vegetables (and fruits) contain lutein, which can reduce the risk of developing eye-related diseases later in life. White veggies, such as potatoes, garlic, and onions, contain anthoxanthins, which can reduce the risk of stomach cancer and heart disease.

