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Cool Down and Fuel Up with Fruits and Veggies

Many fruits and vegetables are at their best during the summer season.

There are so many ways to enjoy them! Always remember to wash your veggies and fruit before eating.

- fresh – cucumbers, tomatoes
- grilled – zucchini, green beans
- frozen – raspberries, blueberries, bananas
- roasted – onions, potatoes, eggplant
- sautéed – mushrooms, celery, carrots
- blended in a smoothie – try a mix of fruits and veggies too!



Choose a rainbow of color!

Eat produce from all color groups to get a variety of nutrients.

Veggies

Beets
Carrots
Green Beans
Eggplant
Onion

Fruit

Apples
Peaches
Green Grapes
Blueberries
Bananas



Kids can...

- Wash fruit and veggies.
- Help make popsicles from crushed or blended fruit and veggies.
- Pick out a fruit and vegetable from every color to try.

Make Frozen Treats

Use paper cups and wooden craft sticks or popsicle forms to make great summer popsicles!

- Try yogurt and 100% fruit juice.
- Mash or blend several fruits.
- Use any smoothie recipe without ice.



Monthly Hero Checklist

- Buy veggies and fruits in every color.
- Try a grilled or baked vegetable.
- Freeze a fruit or popsicle.
- _____



FoodHero.org

Oregon State UNIVERSITY **OSU** Extension Service



Food Hero

Razzleberry Shiver Yogurt Popsicles



Razzleberry Shiver

Ingredients

- 1 cup **raspberries**
- 2 **bananas**
- ½ cup **plain, low-fat yogurt**
- ¼ cup **low-fat milk**
- 1 teaspoon **sugar**

Directions

- Put all ingredients in to a blender. Blend until smooth.
- Divide the mixture up among four small bowls.
- Freeze for about two hours. Enjoy as you would ice cream!

Notes

- No blender? Mash fruit well with a fork.
- Make popsicles! Spoon mixture into small paper cups or popsicle forms. Add a smooth wooden craft stick. Freeze until very firm so the sticks don't pull out.

Nutrition Facts	
Serving Size 1 cup (134g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A 2%	Vitamin C 20%
Calcium 8%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

Yogurt Popsicles

Ingredients

- 1 quart low fat **vanilla yogurt**
- 1 can frozen **orange juice concentrate** (6 ounce can)

Directions

- Stir all the ingredients together.
- Spoon into popsicle molds or small waxed paper cups.
- Insert wooden craft sticks in the center of each popsicle.
- Freeze about 2 to 3 hours depending on the size of the popsicle.

Notes

For variety, substitute any other frozen juice concentrate such as grape, raspberry or pineapple or use fruited yogurts.

Nutrition Facts	
Serving Size 1 popsicle (93g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 4g	
Vitamin A 4%	Vitamin C 40%
Calcium 10%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
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For more recipes and tips on eating well for less, visit www.foodhero.org