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Nature's Fast Foods - Fruits and Vegetables

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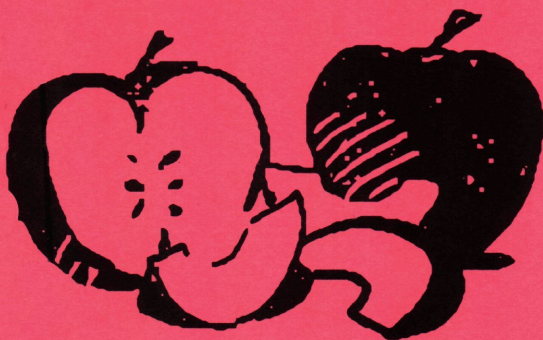
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NATURE'S FAST FOODS — FRUITS AND VEGETABLES



Eat at least 5 servings of fruits and vegetables each day because they're:

- Loaded with vitamins, minerals, and other plant chemicals to keep you feeling and looking good.
- Full of fiber to keep your bowels regular.

Plus — fruits and vegetables fit into a busy lifestyle!

No time in the morning?...Grab an apple or banana on your way out the door.

Need a quick bite for lunch?...Choose a bean burrito topped with salsa. (Turn this card over for other fast-food choices.)

Looking for an afternoon snack?...Pull out the raisins you brought from home.

No time to cook?...Zap a potato in the microwave. Top with chili, broccoli or leftover vegetable and shredded cheese.



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You can find fruit and vegetable choices in fast-food restaurants, but beware of the fat!

FOOD	FAT (grams)
Low-fat choices	
baked potato, plain	0
juice (orange, apple or grape)	0
salad bar items (raw vegetables & fruits) with fat-free dressing	0
corn on the cob	2
mashed potatoes with gravy, 1/2 cup	2
spaghetti sauce with meat, 1/2 cup	2
vegetable soup	3
Choices with more fat	
refried beans, 1/2 cup	4
baked potato with sour cream	6
chili, 1 cup	6
coleslaw, 1/2 cup	6
cream of broccoli soup, 1 cup	7
hash brown patty	7
potato salad, 1/2 cup	8
grilled Chicken Salad (without added dressing)	8
High-fat choices	
baked potato with broccoli & cheese	14
veggie-lovers pizza, 1 slice medium pizza	15
bean burrito with cheese	17
French fries, medium	17
onion rings	19
taco salad with shell	62

Limit total fat. For a 2000-calorie meal plan, limit fat to 65 grams a day (30% calories).