

FRST Center Nutrition

Nutrition Tips for First Responders: Increasing Fruit and Vegetable Intake



SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training

Recommendations

Women:

- Fruit: 1.5 - 2 cups per day
- Vegetables: 2 - 3 cups per day

Men:

- Fruit: 2 - 2.5 cups per day
- Vegetables: 3 - 4 cups per day

2 cups of dark green vegetables such as spinach and lettuce count as 1 cup of vegetables.

Quick and Tasty Snacks

Pack with you on -the -go!

- Apple or banana w/ pb pack
- Grapes, clementines, berries
- Fruit cups in 100% fruit juice
- Unsweetened applesauce packs
- Add fresh or frozen berries to Greek yogurt & oatmeal
- Trail mix w/ unsweetened dried fruit
- Smoothies w/ fresh or frozen spinach
- Hummus or dip with cherry tomatoes, baby carrots, bell peppers, or snap peas
- **Convenience store finds:** precut melon, pineapple, strawberries, baby carrots, premade salads
 - Pair with a protein - beef jerky, cheese sticks, protein bar, etc.

Adding Fruits and Vegetables to Meals

Make half of your plate fruits and vegetables!

- Add your favorite vegetables to scrambled eggs or omelets
- Add tomatoes, onions, spinach, cucumbers, peppers, etc. to wraps and sandwiches
- Add side salads to meals
- Sauté different vegetables you already have on-hand
- Add spinach, zucchini, peas, tomatoes, carrots, etc. to soups, and pasta dishes

Tip: use bulk frozen fruit and vegetable options to save time and money!

Fresh vs Frozen vs Canned

Fresh

Best flavor and texture when in season; short shelf life

Frozen

Frozen at peak ripeness; good for cooking and smoothies; long shelf life

Canned

Pre-cut and often pre-cooked; long shelf life; look for no salt and 100% juice/water options