



Coastline December Nutrition Newsletter

From the desk of Stephanie Boulay, Registered Dietitian

Eating More Fruits & Vegetables During the Winter Months

During the summer eating lots of fresh fruits and vegetables is easy. However come the winter months you may find yourself eating less and less produce, and more comfort foods. Even though most produce is available year round these days—it may not taste the same and may be more expensive.



But fear not! There are plenty of ways to get all your fruits and veggies in all year long.

First, look for produce that is in season. Winter fruits include bananas, clementines, citrus fruits, grapes, pears, persimmons, pomegranates, and kiwi.

Vegetables in season in the winter include artichokes, beets, broccoli, brussels sprouts, carrots, cauliflower, kale, snow peas, rhubarb, sweet potatoes, leeks, and winter squash.



Second, prioritize fruits and vegetables. Concentrate on reaching your produce quota for the day, then fill in the gaps with other types of foods.

Next, don't overthink it! It's as easy as throwing some frozen berries into your oatmeal, adding extra greens to your sandwich, or topping your pizza with vegetables instead of meat. Work towards including some fruit or vegetable at every meal and snack—even if it's not a full serving.

Then, don't discriminate. Whether it's fresh, frozen, or canned any type of produce is better than none. Be sure to buy frozen items that do not have sauces and remember to rinse and drain canned items that have added salt or are canned with syrup.



Lastly, make it fun! If a cold salad doesn't sound appetizing, don't eat it. One of the best things about fruits and vegetables is their versatility. Fruits are delicious baked and topped with cinnamon and sugar, folded into muffin batter, or on top of waffles and almost any vegetable can be roasted and seasoned just the way you like it.

