

Maintain Don't Gain Newsletter



How to use Fruits and Vegetables to Manage Your Weight

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

-Thomas Edison

Fruits and vegetables are part of a well-balanced and healthy eating plan. There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.

Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.

About 100 Calories or Less

- a medium-size apple (72 calories)
- a medium-size banana (105 calories)
- 1 cup steamed green beans (44 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories), broccoli (30 calories), or bell peppers (30 calories) with 2 tbsp. hummus (46 calories)

Remember: Substitution is the key.

It's true that fruits and vegetables are lower in calories than many other foods, but they do contain some calories. If you start eating fruits and vegetables in addition to what you usually eat, you are adding calories and may gain weight.

The key is substitution. Eat fruits and vegetables instead of some other higher-calorie food.

More Tips for Making Fruits and Vegetables Part of Your Weight Management Plan

Eat fruits and vegetables the way nature provided—or with fat-free or low-fat cooking techniques.

Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor.

Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.

Canned or frozen fruits and vegetables are good options when fresh produce is not available. However, be careful to choose those without added sugar, syrup, cream sauces, or other ingredients that will add calories.

Choose whole fruit over fruit drinks and juices. Fruit juices have lost fiber from the fruit. It is better to eat the whole fruit because it contains the added fiber that helps you feel full. One 6-ounce serving of orange juice has 85 calories, compared to just 65 calories in a medium orange. Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories. A small box of raisins (1/4 cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.

Source: http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html

Shop at the Farmer's Market to buy all of your fresh, locally grown produce on Saturday's from 8 a.m. - 1 p.m. in the Olean Mall parking lot.

