



Nutrition Education



**Vary
Your
Veggies!**

Vegetables are organized into five sub groups based on their nutrient content. It is good to eat from each sub group throughout the week.

Dark-Green Vegetables

broccoli, collard greens, kale, spinach

Red & Orange Vegetables

carrots, sweet potatoes, tomatoes

Starchy Vegetables

corn, potatoes, green peas

Beans & Peas

black eyed peas, lima beans, pinto beans

Other Vegetables

green beans, cauliflower, cucumber, zucchini

Winter Produce

During the winter it can be challenging to think of fresh produce during the cold temperatures. However, there are an abundant amount of seasonal winter produce available such as **apples, sweet potatoes, and onions**. Check out the list below for more available produce.

Available Winter Produce:

- ◆ Avocados
- ◆ Bananas
- ◆ Brussels Sprouts
- ◆ Cabbage
- ◆ Collard Greens
- ◆ Kiwifruit
- ◆ Leeks
- ◆ Pears
- ◆ Potatoes
- ◆ Winter Squash
- ◆ And more!



Did you know that citrus fruits are in season during the winter months?

Winter is a great time to enjoy the citrus fruits such as lemons, limes, oranges, and grapefruit.



Citrus fruits are a great source of vitamin C and fiber!



When fresh produce isn't available it is also ok to choose frozen fruits and vegetables. Frozen vegetables and fruit are nearly equivalent in nutritional value as fresh and are convenient and cost effective.

Sources: Understanding Nutrition by Whitney Roles & EatRight.org

Created by: Heather Cuellar, RD

Presented by: Becky Bruno,
Spectrum Program Manager

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