

EAT FRUITS AND VEGETABLES

Janie Burney, Professor and Nutrition and Food Safety Specialist, Department of Family and Consumer Sciences
 Kristen Johnson, Assistant Professor and Nutrition Specialist, Department of Family and Consumer Sciences

For Your Teeth

Fruits and vegetables have **fiber** and **water** that can help clean your teeth and prevent decay. They also have **vitamin C**, which is important for healthy gums, especially if you smoke.

Choose firm and crunchy fruits and raw vegetables such as apples, carrots and celery.

Snack on fruits and vegetables such as grapes, bananas, apples, carrots and celery between meals. Enjoy dried fruits but be sure to rinse with water and brush after eating because they can stick to your teeth.

SPAGHETTI SQUASH WITH MARINARA

Servings: 4

Spaghetti squash is substituted for spaghetti made from wheat, so this recipe is lower in carbohydrates than traditional spaghetti recipes. Sodium can be reduced by choosing lower sodium prepared marinara or spaghetti sauce. To increase protein, add lean ground meat or poultry.

- 1 whole spaghetti squash, halved lengthwise
- 2 tablespoons olive oil
- kosher salt and pepper to taste
- 1½ cups prepared marinara sauce (pick your favorite)
- ¼ cup grated Parmesan cheese

1. Heat the oven to 450 F. Prepare a baking sheet by lining with aluminum foil.
2. Scrape out seeds of squash with a spoon. Season the inside of the squash with olive oil, salt and pepper.

3. Place flesh side down and roast for 30 to 40 minutes until fully cooked.
4. Remove squash from the oven and cool for 15 minutes. Remove excess moisture or oil with a paper towel.
5. Using a fork, scrape the strands of squash from the inside of the skin.
6. Using a large saucepan, heat marinara and toss in spaghetti squash long enough to heat thoroughly.



Nutrition information per serving: 151 calories; 2 g saturated fat; 4 g protein; 13 g total carbohydrate; 3 g dietary fiber; 4 g added sugars; 99 mg calcium; 483 mg sodium.

Choose Vegetables and Fruit with Potassium to Help Control Your Blood Pressure

Vegetables such as:

White potatoes with skin
Sweet potatoes
Winter squash (acorn, butternut)
Spinach
Tomato products (cooked tomatoes, pasta, sauce, juice)
Pinto beans
Pumpkin

When buying canned vegetables, look for those with reduced sodium or no salt added.

Fruits such as:

Avocados
Bananas
Kiwifruit
Apricots
Grapefruit juice
Orange juice

For Your Blood Sugar

Fill half of your plate with non-starchy vegetables. These are lower in carbohydrates than other vegetables.

Nonstarchy vegetables such as:

Green beans
Beets
Brussels sprouts
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Greens (collard, kale, mustard, turnip)
Mushrooms
Okra
Onions
Peppers
Salad Greens
Tomatoes



UTIA.TENNESSEE.EDU

Real. Life. Solutions.™