	Fresh from the Farm				
	ہ Washington State Senior Farmers Market Nutrition Program				
	Making it easier to add fresh fruits and vegetables				
	to y	our diet, and support lo	ocal farmers too!		
October			Volu	me 3, Issue 5	
	Weighing In on Fruits and Vegetables				
ENERGIZE YOUR LIFE! EAT HEALTHY-BE ACTIVE	Americans are concerned about their weight. The Dietary Guidelines for Americans recommends maintaining a healthy weight. For many people that is easier said than done. Researchers are looking at food choices people can make to help maintain a healthy weight. They have learned that when people choose foods with more fiber and higher water content, they are more satisfied after a meal and eat fewer calories. These foods are low in calorie density, they have small amount of calories for the amount of food. Fruits and vegetables are mostly water, about 90% water, and they are high in fiber. Fruits and vegetables are naturally low in calories and fat, making them a calorie bargain.				
		our calorie density: ur meal with a vegeta	blo salad or a cur	of broth	
	based	soup.			
	 Add fruits or vegetables to sandwich fillings. Stretch your main dish with more vegetables. 				
Visit your local farmers market!	Have a light dessert of fresh fruit.				
	 Keep fruits and vegetables ready for snacks. 				
	Shop your local	armers market for fr	esh fruits and ve	egetables!	
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	What's at the Farmers Market in September				
	Yello	w/		Blue/	
	Red Orar	ge Green	White	Purple	
	Apples Melor		Pears	Grapes	
	Cranberries Quinc		Cauliflower	Prunes	
	Raspberries Carro	•		Eggplant	
	Beets Corn Red Squa	Cabbage sh Celery	Garlic Mushrooms		
Produce choices may	Cabbage	Chinese Veg.	Onions		
vary based on seasonal	Cussuge	Cucumber	Potato		
weather and local		Greens		2	
growing season.		Lettuce Spinach	\bigcirc	ø	

Fun Facts Across Washington State there are more than 75 Farmers Markets and 20 Roadside Farm stands that accept Washington State Senior Farmers Markets Checks. I can 14 ½ ounce reduced sodium chicken broth ½ oup water Statt your medium carrot, cut into ½ inch cubes 1 pound chicken, boned and skinned, cut into 1 inch chunks 1 green onions, sliced 2 teaspoons dried basil 1% teaspoon salt 1% teaspoon salt 1% teaspoon salt 1% teaspoon salt 1% teaspoon salt 1% teaspoon salt 1% teaspoon salt 1% teaspoon salt 1% teaspoon salt 1% teaspoon salt 1% teaspoon sa		Grandma's Chicken Vegetable Soup			
Across Washington State there are more than 75 Farmers Markets and 20 Roadside Farm stands that accept Washington State Senior Farmers Markets Checks. Look for a list of approved farmers markets and road side farm stands at: http://nutrition.wsu.edu/ Washington State is the Number 2 producer of potato provides - More potassium than a banana. - Half the daily need of vitamin C. - 3 grams of fiber if eaten with the skin. BACI Attack An ounce of prevention is worth a pound of cure. At room temperature, Datacteria can double every 20 minutes. The more bacteria can double every 20 minutes. The more bacteria there are the grater the chance you can become sick. Refrigerate foods quickly, because cold meretage meretage the chance you can become sick. Refrigerate foods quickly, because cold refrigerate foods quickly, because cold refrigerate foods quickly, because cold emperatures keep bacteria from growing. Refrigerate foods quickly, because cold refrigerate foods quickly, because cold more provention is worth a pound of cure. At room temperature, Datacteria there are the greater foods quickly, because cold remore sick. Refrigerate foods quickly, because cold temperatures keep bacteria from growing. Refrigerate foods quickly, because cold temperatures keep bacteria from growing. Refrigerate foods quickly, because cold temperatures weep back for duickly, temperatures keep bacteria from growing. Refrigerate foods quickly, because cold temperatures skeep bacteria from growing. Refrigerate foods quickly, because cold temperatures skeep bacteria from growing. Refrigerate foods quickly because cold and leftovers within 2 hours. Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator. - Don't pack your refrigerat	Euro Estata				
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