

Healthy Couponing for Busy People Part 2: 5-A-Day

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The God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. Genesis 1:29 NIV

1 2 3 4 **5** 6 7 8 9 **EVERYDAY**

QUESTION: Should I eat more vegetables or fruits?

ANSWER: It does not matter. Follow God's simple plan of non-excessive consumption of simply prepared edible plants.

A vegetable is any edible part of a plant. Vegetables can include leaves (lettuce turnip greens, kale), stems (asparagus), roots (carrots), flowers (broccoli), bulbs (garlic), and seeds (peas and beans).

A fruit is the mature ovary (seed bearing) part of a flowering plant.

Since "vegetable" is not a scientific term, then calling a plant part a fruit while also being considered a vegetable to most people (example cucumbers, pumpkins, squash)

Do you remember the 5-A-Day national program to get us to eat AT LEAST 5-9 servings of fruits and/or vegetables daily? Here are some 5-A-Day notes to remember

- Consuming 5-9 servings of fruits/vegetables daily reduces chance of cancer, heart disease, and obesity
- All fruits and vegetables processed by drying, freezing, or canning (except avocados, coconut, olives, and nuts), provided that no fat or sugars are added (canned in 100% juice counts)
- Fruit or vegetable juice can only count for 1 portion a day, no matter how much you drink. Save the calories, feel full and eat fresh.
- Beans count only for a maximum of one portion a day.
- White, red and yellow potatoes DO NOT COUNT. They are considered starches.
- Sweet potatoes DO count

EXAMPLES of what counts as a serving!!!

- 2 small fruits such as plums or kiwi fruit.
- 14 cherries
- 1 cup (adult handful) of grapes or berries (~32 seedless grapes)
- 1 medium sized fruit such as a banana, apple, orange, a pear
- Half a large fruit such as a grapefruit or 1 large slice of pineapple.
- 2-3 tablespoons of fresh fruit salad.
- 2-3 tablespoons of canned fruit such as 100% juice peaches, pears or pineapple
- 1 cup (not a tea cup) cubed/cut watermelon, honeydew, cantaloupe
- 1 GoGo Squeeze applesauce or fruit/veggie 32 oz (90g) pouch
- 7 strawberries

AFFORDABLE 5+ a Day with coupons

Well affording it can be easier by using coupons for fresh fruits and vegetables. Where do I find these gems?

1. Sign up on your smartphone or on the following company websites: Target Cartwheel app, Food Lion, Whole Foods, Kroger, Lowes' Foods, and Dollar General. When coupons are available you will be notified via text and/or email.
2. Try Savingstar

At the Grocery Store: Here's how it works



- Everything is FREE to sign up and join. You can link deals to your store loyalty cards or submit a picture of your receipt to earn money in your SavingStar account.
- Savingstar Healthy Offer of the week
-20% off a fruit or vegetable every Tuesday.
- Get \$5 worth of savings in your SavingStar account, you can deposit the money deposited into your PayPal account , your checking account or donate it to a non-profit organization.
- SavingStar now works at Walmart, Target, Walgreens, Costco, Sam's Club, BJ's, Family Dollar, and Dollar General!

Quiz 1.

1. Let's start with the basics. How many apples do you need to reach one portion of your 5 a Day?
 1. One medium apple
 2. Two medium apples
2. How many slices of canned peach count as one portion?
 1. 3 slices
 2. 7 slices
3. How many banana chips do you need to make a portion?
 1. A tablespoon
 2. A handful
4. . How many frozen peas is a portion?
 1. 3 heaped tablespoons
 2. 6 heaped tablespoons
5. Is corn a grain or a vegetable or a fruit?
 1. Vegetable
 2. Grain
 3. Fruit
 4. All of the above
6. What part of the plant do you find broccoli?
 1. Flower
 2. Root
 3. Stem
 4. None of the choices listed

TURN IN BOTH QUIZZES TODAY TO BE IN THE DRAWING FOR A GIFT CARD. Your score/grade has no impact on your ability to win the drawing



**NEXT MONTH: Good2UGood4U Healthy Couponing Part 3:
Going paperless and Coupon Stacking Skills**

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC. Visit us at www.thetakebacktour.com

Corn seed is actually a vegetable, a **grain**, and a fruit. Corn seed is a vegetable because it is harvested for eating. (Usually **sweet** corn when **grain** is harvested at the milk stage.) Corn seed is a **grain** because it is a dry seed of a grass species.

