Eating all forms of fruits and veggies contributes to good health, whether fresh, frozen, canned, dried, or 100% juice. Choose a wide variety and include those of all colors.

Forms of fruits & veggies: Fresh, Frozen, Canned, Dried, 100% juice

Some ideas are:

**Fresh**
- Are of best quality and usually less expensive when in season.
- Add fruits and veggies to dishes:
  - In cereal, hot cereal, muffin mix, pancakes, sandwiches, soups, salad, stir-fry, stews, casseroles

**Frozen and canned:**
- There's no preparation, no waste.
- Choose fruits packed in their own juice or in light syrup.
- Rinse and drain liquid before consuming canned fruits and veggies.

**Dried** fruit are great snacks.
- Add to salads, cereals, baked goods, etc.
- Store in airtight container in cool, dry place.

**100% juice** has no added sugar or water.

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**VEGETABLE NAMUL**

**Ingredients:**
- 4 servings
- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress or chop suey mix or bean sprouts
- 1 ½ cups boiling water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons soy sauce

**Directions:**
1. MINCE garlic and GRATE carrots.
2. WASH watercress, REMOVE any undesirable leaves and tough stems. CUT into 1 inch lengths (if using chop suey mix/beans sprouts, wash it, don't cut).
3. PLACE watercress (or chop suey mix/bean sprouts) in 1 ½ cups of boiling water for 3 minutes. DRAIN.
4. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well. Add watercress and carrots.
5. COVER and REFRIGERATE.

* Please check with your doctor or health care professional before making dietary changes

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