

# eat fresh



Eating fresh fruits and vegetables and unprocessed foods provides vitamins, minerals and nutrients to help your family feel great.

Making healthy food choices can help prevent and control many problems like heart disease, high blood pressure, diabetes, and cancer.

Vegetables and fruits are high in antioxidants that help repair your body from toxins in our environment.

- 1** Eat fresh fruits or vegetables at every meal and as snacks. Wash them with water before you eat to reduce pesticides.



- 2** Canned food may contain BPA. Dried beans are a cheaper alternative and BPA-free!



**3** Re-heat and store food in glass, porcelain or ceramics rather than plastic.



**4** Join a community supported agriculture (CSA) group or shop at a farmers' market in your neighborhood. You can buy healthy food grown without pesticides and support local farmers at the same time!

Contact GrowNYC for details: 212-788-7476 or call 311 for a farmer's market location near you.

**5** Many processed foods and frozen meals are high in salt. Choose fresh foods when you can and replace salt with herbs and spices.



**healthy  
home**

**healthy  
child**

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