

## COMMUNITY NUTRITION EDUCATION SERVICES, INC.

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### Healthy Eating Plan

Healthy Eating Plan: include fruits and vegetables sources of water soluble vitamins.

Vitamins are important for our health. Vitamins are classified in 2 ways, either water soluble or fat soluble.

Vitamin C and the B complex vitamins are the water soluble vitamins. The B complex vitamins include thiamin, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, folate and B12. Water soluble vitamins are not stored in the body; food sources of water soluble vitamins need to be included in the healthy eating plan on a daily basis.

Folate is one example of a B complex vitamin that is important in the prevention of birth defects and heart disease. Fruit and vegetables sources of folate include dark green leafy vegetables, oranges and strawberries. For details on the functions of the other water soluble vitamins, check the websites of: Centers for Disease Control and Prevention, USDA Food and Nutrition, and Cooperative Extension.

In fruits and vegetables, the water soluble vitamins are found in the watery components of the produce. By starting with fresh, whole foods containing ample amounts of these vitamins and being reasonably careful in food preparation, the nutrients of the fruits and vegetables can be conserved. Included among the fresh fruit and vegetables sources of the water soluble vitamins are leafy green vegetables, citrus fruits, red and green bell peppers, broccoli, cauliflower, Brussels sprouts, cantaloupe, kiwifruit, mustard greens, strawberries, and tomatoes.

The following are purchasing, storage, preparation, and cooking recommendations for conserving the water soluble vitamins when using fresh fruits and vegetables.