

STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

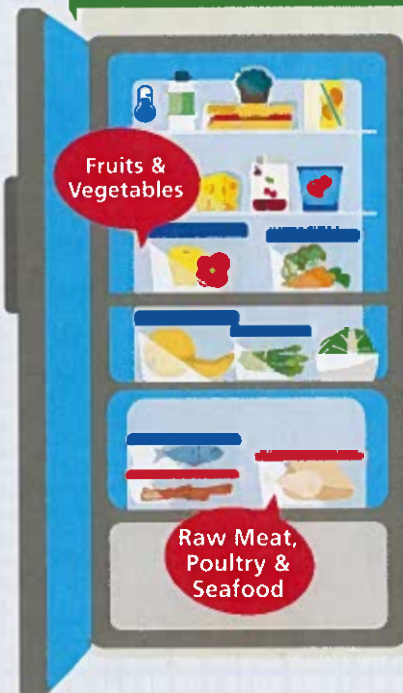
- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.



Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled "prewashed" do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

Get fruits & vegetables home and in the fridge in 2 hours or less

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

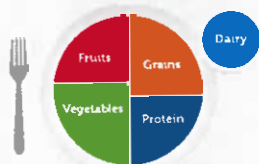
302879A

Accessible version: <https://www.cdc.gov/foodsafety/communication/steps-health-y-fru-is-veggi.eshtml>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Start simple
with MyPlate



Healthy Food Prep

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Think balance

Include a variety of delicious foods from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—when making meals.



Chop fresh produce in advance

Cut up fresh fruits like melons and pineapples, and veggies like carrots and broccoli, when you have a few minutes. Store them in the fridge for meals and snacks.



Bake, grill, broil, or roast

Limit frying—especially deep frying—to reduce saturated fat and calories in the dishes you make. Most recipes can be adapted for healthier cooking methods.



Sweeten foods with fruit

Mix fruit into plain yogurt, cooked oatmeal, and smoothies to sweeten without adding sugar. Or, use that plain yogurt, uncooked oats, and fruit for some overnight oats.



Find more flavor

Add a squeeze of lemon or lime juice to cooked vegetables and meat, chicken, or fish. Experiment with low-salt herbs and spices.



Read food labels

Use the [Nutrition Facts label](#) to find out how much added sugars, saturated fat, and sodium (salt) are in the packaged foods you eat. Adjust your cooking methods and other ingredients accordingly.



Start simple
with MyPlate



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

