
HIV Nutrition Education Fact Sheet



What's in season in Southern California?

Purchasing and eating fruits and vegetables grown locally and in season can save money and offer the fresh, delicious taste we want. Fruits and vegetables contain vitamins, minerals, fiber, and phytonutrients (plant nutrients) that boost the immune system, may be protective against certain cancers, heart disease and other illnesses. It is recommended to eat at least five servings of fruits and vegetables a day. A serving size is ½ cup cooked, one cup raw or a portion about the size of a tennis ball. Eat a variety and try new ones.

Fruits and vegetables are good sources of fiber. Fiber adds bulk and helps firm up stools that may be loose or liquid. At the same time it helps with constipation and promotes regular stool movements. Fiber in foods can lower cholesterol and decrease insulin resistance. High sources provide at least 5 grams of fiber per serving. It is recommended to get at least 25 grams or more a day.

Fruits and vegetables in season during the months of April and May include:

Apricots	Grapefruit (Pomelo)	Oranges (Valencia)
Cantaloupe	Grapes	Papaya
Cherimoya	Kiwifruit	Plums
Cherries	Loquat	Strawberries
Feijoas	Lemons	Watermelon
Granadilla	Oranges (Navel)	
Artichokes	Chayote	Nopales
Asparagus	Corn	Onions
Avocados	Cucumbers	Plantains
Beans (Snap)	Fennel	Potatoes
Broccoli	Fava Beans	Rhubarb
Cabbage	Garlic	Spinach
Carrots	Jicama	Squash
Cauliflower	Lettuce/romaine	Tomatoes
Celery	Mushrooms	Yucca

Ready or not?

Choosing ripe fruits and vegetables can be challenging. Some fruits and vegetables can be classified as climacteric or non-climacteric. Climacteric foods continue to ripen, develop color, flavor and texture after they have been picked. Depending upon the stage of ripeness when purchased, it may take climacteric foods a few days to reach their optimal flavor and texture.

Climacteric fruits and vegetables

Apples, avocados, bananas, figs, guava, mangoes, peaches, pears, persimmons, plums, and tomatoes will continue to ripen after being picked.

Non-climacteric fruits and vegetables

Grapes, strawberries, cherries, and citrus fruits do not continue to ripen, so buy when ripe.

When choosing fruits and vegetables, think colorful such as red, orange, yellow, green, purple. Pick and eat at least one fruit or one vegetable that is high in vitamin A and vitamin C every day. These have antioxidant properties, which help protect and repair tissue damage.

Fruits and Vegetables high in Vitamins A per portion size are:

1 medium carrot	1/2 cup of lettuce/romaine
1 1/2 cups shredded spinach	1 cup diced watermelon
1/4 medium cantaloupe	1 medium tomato

Fruits and Vegetables high in Vitamin C per portion size are:

2 medium kiwifruit	1/2 grapefruit
1 medium stalk Broccoli	1/4 medium Cauliflower
8 medium berries Strawberries	1/12 medium head of Cabbage
1 medium orange	1 medium Tomato

Choose Wisely and Eat Safely

- ❑ Purchase fresh produce without bruises, soft spots, slime, mold or broken skins.
- ❑ Wash ALL fruits and vegetables, including melons, oranges, and bananas, before cutting, slicing and eating. Scrub with a brush under cool running water to remove any dirt, pesticides and unhealthy bacteria.
- ❑ Store in the fruit/vegetable drawer in the refrigerator or in a cool place. Once cut or sliced, all fruits and vegetables should be placed in refrigerator in tightly sealed plastic bags and consumed within 2 to 3 days. Do not let cut fruit and vegetables sit at room temperature.
- ❑ Freeze fruits and vegetables that cannot be consumed in two to three days to cut down on waste and spoilage. Note that the consistency will be slightly changed once thawed.

Tips to help you pick, store, and prepare your fruits and vegetables

Food	How to pick	How to store	How to prepare
Tomatoes	Slightly soft, with rich red color.	Store at room temperature away from direct sunlight then refrigerate when ripe for up to 4 days.	May be eaten raw or cooked or part of another dish.
Sweet corn	Fresh green husks, not dry. Plump kernels with no dents.	Remove husks and silk, put in zip log bag and refrigerate for up to 2 days for optimal freshness.	Boil 3-5 minutes or microwave on high 3 to 4 minutes per ear.
Strawberries	Rich red color and firm.	In the refrigerator, unwashed in airtight container for 2-4 days.	Wash when ready to eat. Handle gently. Eat raw, sliced in cereal or salad.
Cantaloupes	Slightly oval and 5 inches or more in diameter with yellow or golden background color.	At room temperature for 2 to 3 days or store in refrigerator up to 1 week.	Scrub with brush under running water, before cutting and eating. Serve with or without rind.
Honeydew	Look for a waxy white rind barely tinged with green. The blossom end should give to gentle pressure.	At room temperature for 2 to 3 days or store in refrigerator for up to 1 week.	Scrub with brush under running water, before cutting and eating. Serve with or without rind.
Watermelon	Symmetrical shape, a dull rather than shiny surface, and an underside that's yellowish or beginning to turn cream-colored.	As above, or to hasten ripening, place melon inside loosely closed paper bag, or store in refrigerator for up to one week.	Scrub with brush under running water, before cutting and eating. Serve with or without rind.
Spinach	Pre-washed in plastic bag or in a bunch with deep green healthy looking leaves, not yellow, wilted or slimy.	In the refrigerator for 2 to 3 days, do not wash until ready to use.	Rinse the spinach from the bag once. Bunches should be washed in several changes of water until there is no grit left in bowl. Steam, sauté, or serve raw in salad.

Sautéed Spinach with Golden Raisins

Ingredients

1 Tablespoon olive oil
1-½ pounds trimmed spinach
¼ cup golden raisins
Salt and pepper to taste.

Directions

In a large skillet:

1. Heat 1-tablespoon olive oil.
2. Cook 1-1/2 pounds trimmed spinach in three additions, letting the first batch wilt before adding the next and tossing often, until completely wilted, 3 to 4 minutes total.
3. Stir in ¼ cup golden raisins, and season with salt and pepper.
- 4.

Notes: May substitute canola or other vegetable oil for olive oil and dark for golden raisins.

Serves 4.

Per serving: 91 calories; 2 grams fat; 6.8 grams protein; 16 grams carbohydrate; 3 gram fiber.

Broccoli, Chickpea, and Tomato Salad

Ingredients

1-pound broccoli florets
1 tablespoon Dijon mustard (or regular)
2 tablespoons red wine vinegar (or regular)
2 tablespoons olive oil (or canola oil)
½ small minced red onion
1 pint halved cherry tomatoes (or 2 medium tomatoes chopped)
1 can drained and rinsed chick peas (garbanzo beans)
Salt and pepper to taste

Directions

1. Steam broccoli until crisp tender about 5 minutes.
2. In a large bowl, whisk the mustard with the vinegar and the red onion; season with salt and ground pepper; add the tomatoes, the garbanzo beans and broccoli; toss to coat.
3. Serve chilled or at room temperature.

Serves 6

Per serving: 131 calories, 6 grams fat, 5.5 gram protein, 16 grams carbohydrate, 5 grams fiber.

For more information or to sign up for nutrition class call:

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