Frozen and canned fruits and vegetables are also healthy choices. Compare food labels and choose products with the lowest amounts of sodium and added sugars.

Shop your farmers’ market. The farmers can share a wealth of information about the foods and might even give you ideas on how to prepare them.

Freeze fresh produce to add to smoothies, soups and breads.

Fresh foods are often less expensive during their harvest season. You may even save a bit more by buying in bulk.

Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise too.

The American Heart Association recommends

4–5 servings per day each of fruits and vegetables.

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For more tips on healthy eating, cooking and recipes: heat.org/simplecooking

American Heart Association’s Simple Cooking with Heart is nationally sponsored by Walmart

Keep these tips in mind when using and shopping for seasonal produce:

YEAR ROUND: Cabbage, Carrots, Garlic, Onions, Mushrooms

SPRING
- Artichokes
- Asparagus
- Chives
- Fava Beans
- Green Onions
- Leeks
- Lettuce
- Parsnips
- Peas
- Radishes
- Rhubarb
- Swiss Chard

SUMMER
- Berries
- Corn
- Cucumbers
- Eggplant
- Figs
- Grapes
- Green Beans
- Melons
- Peppers
- Stone Fruit (Apricots, Cherries, Nectarines, Peaches, Plums)
- Summer Squash
- Tomatoes
- Zucchini

FALL
- Apples
- Brussels Sprouts
- Dates
- Hard Squash (Acorn, Butternut, Spaghetti)
- Pears
- Pumpkin
- Sweet Potatoes

WINTER
- Bok Choy
- Broccoli
- Cauliflower
- Celery
- Citrus Fruit (Clementines, Grapefruit, Lemons, Limes, Oranges, Tangerines)
- Collard Greens
- Endive
- Leafy Greens (Collard, Kale, Mustard, Spinach)
- Root Vegetables (Beets, Turnips)