

**EAT
BETTER
FEEL BETTER**



**FRUIT &
VEGETABLE
SHOPPING GUIDE**

Better Every Day.

SAN FRANCISCO
HEALTH SERVICE SYSTEM

SEASONAL AND LOCAL PRODUCE

WHY SEASONAL AND LOCAL PRODUCE?

Buying seasonal and local produce will help you to save costs while maximizing the nutrient content of your fruits and vegetables.

Not sure where to get in-season or local produce? Look for a farmer's market near you.

SEASONAL PRODUCE

WINTER

Avocado
Banana
Carrot
Kale
Lemon
Orange
Pear
Pineapple
Pumpkin
Sweet Potato

SPRING

Avocado
Asparagus
Broccoli
Cabbage
Mushroom
Onion
Spinach
Strawberry
Swiss chard
Turnip

SUMMER

Apple
Apricot
Blackberry
Blueberry
Cantaloupe
Cherry
Collard green
Eggplant
Nectarine
Okra

FALL

Apple
Banana
Beet
Bell Pepper
Cranberry
Grape
Green Beans
Mango
Raspberry
Rutabaga

FILL YOUR CART WITH ALL THE COLORS

DIFFERENT COLORS HAVE DIFFERENT BENEFITS!

PURPLE & BLUE



- Fight inflammation
- Support healthy digestion
- Boost Immune system

RED



- Promote heart health
- Lower blood pressure
- Lower LDL cholesterol

ORANGE & YELLOW



- Promote healthy joints
- Boost immune system
- Build healthier bones

GREEN



- Reduce risks of cancer
- Support retinal health
- Aid in weight loss

<https://snaped.fns.usda.gov/seasonal-produce-guide>

DIRTY DOZEN AND CLEAN FIFTEEN

DIRTY DOZEN

Interested in buying organic, but want to control costs? Maximize your dollars when choosing organics by starting with the dirty dozen. The dirty dozen is the produce with the highest loads of pesticide residue.

CLEAN FIFTEEN

To save money, skip buying organic on the clean fifteen. The clean fifteen is the produce with the lowest loads of pesticides residue.

✗ DIRTY DOZEN

Apples
Celery
Cherries
Grapes
Nectarines
Peaches
Pears
Potatoes
Spinach
Strawberries
Sweet Bell Peppers
Tomatoes

✓ CLEAN FIFTEEN

Asparagus
Avocados
Broccoli
Cabbage
Cantaloupe
Cauliflower
Eggplant
Honeydew
Mangoes
Onions
Papayas
Pineapples
Sweet Corn
Sweet Peas*
Kiwi

2018 Shoppers Guide to Pesticides in Produce:
www.ewg.org/foodnews/index.php

*Frozen

CANNED AND FROZEN FOODS

Make healthy choices when buying canned and frozen food by following these simple rules.

CANNED FRUITS AND VEGETABLES

Sodium: Look for reduced-sodium, low-sodium, or no-salt added options. Rinse off canned foods like beans with water to reduce sodium content further.
Sugar: Choose fruit that's been canned in its own water, or its own juice.

FROZEN FRUITS AND VEGETABLES

Sodium and Sugar: Look for 100% frozen fruits and vegetables without any added salt or sugars.

**PUT MORE
COLOR IN
YOUR
CART.**

Find more resources at
sfhss.org/well-being

