

Fruits

Idaho fruits are sweet and delicious because they are allowed to ripen naturally on the tree, vine or bush then delivered directly to the local grocery store.

Fruits grown in Idaho include apples, apricots, berries, cherries, grapes, melons, nectarines, peaches, pears, plums and pluots.

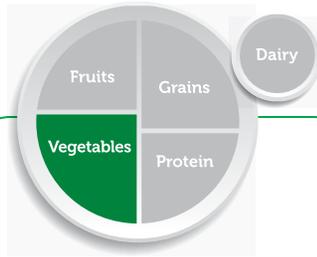
Idaho scientists are developing new varieties of fruits like donut peaches, as sweet as their namesake – but much healthier!



**EAT 2 CUPS
EVERY DAY**

Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate.

Fruits may be fresh, canned, frozen or dried.



Vegetables

It's easy to fill half of your plate with Idaho vegetables. Idaho grows asparagus, green beans, carrots, corn, cucumbers, lettuce, onions, peas, squash, and of course the famous Idaho potatoes.

Idaho ranks first in the nation in potatoes producing about 13 billion pounds each year.

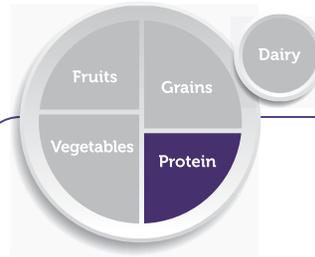
If Idahoans had to eat all the potatoes grown in Idaho we would each have to eat 44 potatoes every day!



**EAT 2 ½ CUPS
EVERY DAY**

Eating vegetables is important because they provide vitamins and minerals and most are low in calories.

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals.



Protein

Ranchers in Idaho raise beef, lamb, pork, and even elk and buffalo for meat.

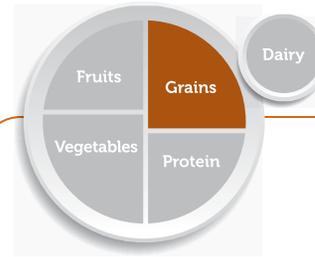
Idaho fish farmers raise more trout than any other state. About 35 million pounds of trout are produced each year – over 70% of all the trout raised in the US.

Idaho grows many non-meat protein foods including dry beans, lentils and even garbanzo beans! These crops are known as legumes and grow in the “Palouse” area of northern Idaho.



**EAT 5 ½ OZ
EVERY DAY**

Protein foods include both animal sources (meat, poultry, seafood, and eggs) and plant sources (beans, peas, soy products, nuts, and seeds).



Grains

Idaho grows many types of grain including wheat, barley, oats and corn.

Wheat is made into flour for bread, tortillas, pizza crust, crackers and cookies.

Idaho farmers produce about 100 million bushels of wheat each year.

1 bushel of wheat will make 73 loaves of bread.

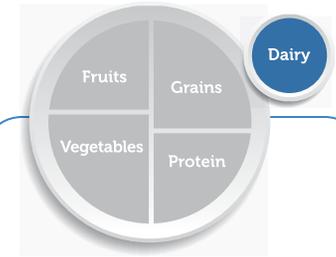
Idaho ranks in the top 10 states in wheat production in the US.



**EAT 6 OZ
EVERY DAY**

Whole grains contain the entire grain kernel—the bran, germ and endosperm.

Look for the word whole grain at the top of the ingredient list.



Dairy

Dairy is Idaho's number one agriculture industry bringing over \$5 billion to the state's economy.

Idaho is one of the top 5 states in milk production and produces over 1.7 billion gallons each year – enough for every person in Idaho to have 40 glasses of milk every day!

From all this milk, over 830 million pounds of cheese are produced each year.



**EAT/DRINK 3
CUPS EVERY DAY**

The dairy group includes milk, yogurt, and cheese. Choices should be low-fat or fat-free.

Dairy foods provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health.

