



## To Peel or Not to Peel...That is the question!

Why bother to peel a fruit or vegetable? In most cases, you really don't need to.

Leave edible skins on carrots, potatoes, pears, apples and other produce and trim away as little as possible. Most vitamins and minerals are found in the outer leaves, skin and area just below the skin—not in the center as you might think.

As long as you wash produce well to remove dirt and any pesticide, you'll enjoy a healthier meal by leaving on the skin. Clean thick-skinned vegetables and fruits really well with a soft brush and water. Avoid soaking them as you wash, because some vitamins dissolve in water.

Peels also act as a natural covering that helps keep nutrients in fruits and vegetables. So next time you make mashed potatoes, don't peel the potatoes first. You'll save nutrients and time!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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