Tips for adding more Fruits & Veggies to your day!

**Add more FRUIT:**

1) Include Fruit at Breakfast:
   - Top your cereal with bananas, peaches, or strawberries.
   - Add blueberries to pancakes or oatmeal.
   - Drink 100% orange juice.
   - Mix fruit with low-fat yogurt and granola.

2) Try Fruit at Lunch:
   - Pack a tangerine, banana, or grapes in lunch.
   - Choose fruits from the salad bar.
   - Individual containers of fruits – like peaches or applesauce are easy and convenient.

3) Experiment with Fruit at Dinner:
   - At dinner, add crushed pineapple to coleslaw
   - Include orange sections, dried cranberries, or grapes in a tossed salad.

4) Snack on Fruit
   - Dried Fruits make great snacks!
   - Eat a piece of fruit such as an apple, orange or banana for a quick and healthy pick-me-up.
   - Keep a bowl of fresh fruit on the kitchen table so you can easily grab a piece of fruit on the go.

5) Variety is key!
   - Try frozen, canned, dried, and fresh!

**Add more VEGGIES:**

1) Be ahead of the game!
   - Cut up a carrots, broccoli, or cucumbers to pre-package and enjoy later with hummus.
   - Skip the chips- snack on crunchy vegetables instead of potato chips.

2) Sip on Vegetable Soup
   - Try tomato, butternut squash, or garden vegetable soup.

3) While you’re out:
   - When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

4) Brighten up your salad!
   - Add black beans, sliced red bell pepper, tomatoes etc to your salad.

5) Variety is key!
   - Try frozen, canned, and fresh!