

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!