



## EATING MORE: FRUITS & VEGETABLES

You know eating fruits and vegetables is important — but some days it is hard to fit them in.

Try to include at least one fruit or vegetable at each meal and snack. Use these examples as a guide!

### BREAKFAST

- Add sliced banana to cold cereal.
- Mix berries into oatmeal.
- Spread applesauce over a pancake.



### LUNCH

- Make a salad your meal. Start with dark green leafy lettuce such as romaine. Mix in some colorful, chopped veggies like bell peppers, tomatoes, broccoli, and carrots. Add mandarin oranges, cooked chicken, turkey, ham, or beans. Toss with a low fat salad dressing.
- Add vegetables to your sandwich like dark green lettuce leaves, tomato slices, chopped onions, bell peppers, and avocado.
- Add extra veggies to your soup like carrots, onions, tomatoes, and peas.

### SNACKS

- Eat raw broccoli, carrots, cauliflower, tomatoes, and pepper slices with a low fat dip.
- Try watermelon or cantaloupe chunks.
- Spread peanut butter over apple or banana slices.
- Dip berries in yogurt.



## SUPPER

- Add veggies to your cooked dishes. For example, try:
  - Chicken casserole with peas, carrots, corn, or green beans
  - Rice dish with broccoli, spinach, carrots, or peas
- Try a baked sweet potato. Bake just like a white potato.
- Buy bags of frozen vegetables. Pour out what you need for supper and return the rest to the freezer.
- Serve a fruit canned in 100% juice or in water for dessert.

## TIP

Choose whole fruit over fruit juice. Whole fruit has fiber that fills you up and has less natural sugar than juice.

## FRUITS AND VEGETABLES:

- Taste great.
- Make a great snack.
- Are easy to prepare.
- Provide lots of vitamins, minerals, and fiber.
- Help prevent heart disease and cancer!

## HOW MUCH TO EAT EACH DAY

Children (1-5 years old)	Adults	What counts as 1 cup?
1 - 1½ cups fruit	2 cups fruit	1 cup fruit or fruit juice; ½ cup dried fruit
1 - 1½ cups vegetables	3 cups vegetables	1 cup raw or cooked vegetables; 2 cups of raw leafy vegetables

