



Tips for eating more vegetables

- Add leftover cooked vegetables to your omelet or macaroni and cheese.
- Try a stir-fry with carrots, shredded cabbage, mushrooms, and protein.
- Enjoy baked potato wedges, cucumber slices, or cauliflower/ broccoli pieces dipped in hummus or dip.
- Make your salad colorful with corn, radish or sweet pepper.
- Top a tuna fish sandwich with green peppers, cucumbers, and lettuce.
- Put sliced tomato on sandwiches such as grilled cheese.

Tips for eating more fruit

- Include fruit at dinner as a fruit salsa on top of fish or chicken.
- Keep cut up fruit in your fridge or freezer to eat as a snack or a smoothie.
- Make your own trail mix by mixing one or two favorite nuts or breakfast cereals with dried cranberries and raisins.
- Try fruit kabobs using melon, banana, and grapes and serve with a light yogurt sauce to dip.
- Add berries to pancake, waffle, or muffin batter, or serve on top.
- Top toast or cereal with fruit like apples, berries, or bananas.



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Easy Ways to Eat More Fruits and Vegetables



WISCONSIN DEPARTMENT
of **HEALTH SERVICES**

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Make it quick and easy

- Keep fruit that doesn't need to be refrigerated on the counter where you can see it and eat it.
- If food preparation is difficult, select fruits and vegetables that don't require peeling and chopping like cherry tomatoes, baby carrots, sugar snap peas, asparagus, berries, or pears.
- Keep a bag of ready-to-use vegetables in your freezer to add to casseroles, soups, or sauces.

Fruit smoothie

1. Combine 1 cup frozen fruit with 1 cup milk in a blender.
2. Puree until smooth.

Add a Tbsp of peanut butter or 1/4 cup of oats to up the nutrition, flavor, and texture.



Microwaving vegetables

1. Wash and trim fresh vegetables. Cut veggies into small, even pieces and add to microwave-safe bowl. Frozen veggies can be placed directly into bowl.
2. Add 2 Tbsp water. No water is needed if you are steaming leafy greens that have just been washed.
3. Cover with wax paper, paper towel or plastic wrap, with one corner folded up to allow steam to escape.
4. Cook for 3-5 minutes on high for 3 cups of vegetables. Check for doneness with a fork. You may need to add additional time.
5. Remove vegetables from the microwave and let sit to finish steaming. Use care to avoid steam.



Sources of information

- www.eatfresh.org
- www.myplate.gov

Black bean and corn salad

1. Mix 2 cans rinsed black beans, 1 1/2 cups of corn kernels, 1/4 cup diced red onion, 1 diced green pepper, 10 halved cherry tomatoes, and fresh cilantro in a bowl.
2. Top with a squeeze of lime and salt.



Veggie tuna salad

1. Dice celery, bell pepper, and red onion. Shred carrot with a grater.
2. Add veggies to tuna salad and spread on bread.

