fruits and vegetables

Seven ways to eat more colorful fruits and veggies.

1 eat fruit at breakfast

- Top cereal with sliced bananas, peaches, strawberries or blueberries.
- Mix sliced strawberries or bananas, blueberries or chopped peaches into pancake batter.
- Mix low fat yogurt with fruit. Top with granola or whole grain cereal.

2 snack on fruits and veggies

- Eat raw broccoli, carrots, cauliflower, tomatoes and pepper slices with or without a low fat dip.
- Eat an apple, orange, banana, peach, pear, mango, kiwi, grapes or watermelon.
- Keep cut up fruits and veggies in your refrigerator - ready to grab and eat.

Drink less juice. Eat more whole fruits.

3 add veggies to your sandwich or taco

- Add dark green lettuce or spinach leaves.
- Top with tomato or pepper slices.
- Add shredded carrots or cabbage.

4 make a salad

- Serve a small salad with your dinner - choose dark green lettuce and spinach. Top with chopped tomatoes, peppers, broccoli or cauliflower.
- Make a chicken taco salad.
- Make a chicken caesar salad.

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5 serve fruits and veggies at lunch and dinner

es, pears, mandarin
it canned in 100% fruit
d of syrup.

etables - broccoli,
ts, peas and carrots.

. Top with
r Parmesan cheese.

n
ick meals.

soup, pasta dishes

ts, broccoli
vorite soup.

oli, carrots or peas
erole.

rs, broccoli or
g a pasta dish.

7 ies

. Cut open and
nd brown sugar.

pieces and remove seeds.
ft and serve with margarine.

variety of vegetables,
ecially dark green and
rk orange vegetables.

Buy fresh fruits and veggies when in season. They cost less and taste their best.

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gies?

general nutrition information;
ained from your health care provider.

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