

seven ways to eat more fruits and vegetables

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.



drink less juice...
eat more whole fruits!

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!



3 add veggies to your sandwich or taco

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



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.



Make half your plate fruits and vegetables!

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serve fruits and veggies at lunch and dinner

- Try mixed frozen vegetables - broccoli, cauliflower and

carrots, beans, mixed fruit and of syrup. with shredded cheese.



5

6 casseroles and dishes

carrots, broccoli, your favorite soup, broccoli, carrots or making a casserole. peppers, each when a dish.

vegetables

7 veggies

open and mon



veggies

sweet potatoes.

ns of canola oil, or.

king sheet and or 30 to 45 minutes. ie roasting.

ty of vegetables, ed, orange and n vegetables. ruits and veggies y are in season. and taste their best.

for information, your health care provider. WIC101



