

How to Eat More Fruits & Vegetables

- ◆ **Serve fruit or 100% fruit juices with meals or as a snack.**
- ◆ **Top yogurt with sliced fruit.**
- ◆ **Top pancakes, French toast or waffles with fruit or fruit sauces, such as applesauce.**
- ◆ **In a glass, layer sliced or chopped fruit, non-fat yogurt and whole grain cereal for a snack or dessert.**
- ◆ **Add dried fruit (raisins) or chopped fresh fruit to oatmeal.**
- ◆ **Add fresh or canned fruit to gelatins or fresh green salads.**
- ◆ **Have pre-cut vegetables (carrots, celery, etc.) in the refrigerator for easy snacking.**
- ◆ **Add chopped peppers, tomatoes, zucchini, onions and mushrooms to scrambled eggs.**
- ◆ **Top baked potato with chopped vegetables of choice, sprinkle with low fat cheese and microwave until cheese melts.**
- ◆ **Add frozen or canned vegetables to rice or pasta dishes during the last 5 to 10 minutes of cooking time.**
- ◆ **For a quick soup, combine tomato juice with chopped potatoes, celery, beans, corn and peas. Heat in microwave until vegetables are cooked.**
- ◆ **Top sandwiches or burgers with lettuce and tomato.**
- ◆ **Add chopped vegetables to your salads.**



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