

EASY WAYS TO FIT N MORE FRUITS & VEGETABLES

FRUIT:

- * Add sliced fruit or berries to hot or cold cereal.
- * Top pancakes & waffles with applesauce or sliced fruit.
- * Add fruit to your favorite yogurt.
- * Mix crushed pineapple or chopped canned peaches or pears into cottage cheese.
- * Make a smoothie using fruit, yogurt or low-fat milk, & a few ice cubes. Whirl in the blender.
- * Eat fresh or canned fruit (in its own juice) for a snack.
- * Eat fruit for dessert. Top with a little whipped topping.
- * Make a fun & tasty parfait. Alternate layers of crushed graham crackers, yogurt, & chopped or sliced fruit.
- * Mix dried fruit with cereal & nuts for a tasty & portable snack.
- * Make a colorful fruit salad by tossing together fresh berries, watermelon cubes, pineapple chunks, orange sections & kiwi slices.
- * Freeze canned fruit (in its own juice), then whiz it in the blender for a fruit slushie.
- * Try a new fruit once a week.
- * Keep fruits on hand in the refrigerator for easy snacking. Cut the fruit yourself or purchase fruits from the store that are cut up.



VEGETABLES:

- * Drink V-8 or tomato juice at breakfast or lunch.
- * Add veggies such as chopped broccoli, green peppers, green onion, diced tomatoes, sliced mushrooms, & grated zucchini to omelets, scrambled eggs, and egg substitutes.
- * For a quick & easy salad, toss sliced cucumbers with seasoned rice vinegar.
- * Dip raw veggies into low-fat salad dressing or hummus.
- * Sauté onion, zucchini & yellow squash in olive oil & garlic & add to spaghetti sauce.
- * Make your own homemade healthy pizza. Top it with onion, green or yellow bell pepper, mushrooms & sliced Roma tomatoes.
- * Try salsa on top of baked potatoes, eggs, or egg substitutes or spoon some over cooked chicken or fish.
- * Mix chopped spinach, kale, or other greens into spaghetti sauce.
- * Add several veggies to a stir-fry & vary it each time you make it.
- * Bake a sweet potato in a 400° F oven for 45 to 60 minutes or microwave for 5 to 6 minutes.
- * Add fresh or frozen veggies to soups, stews & casseroles.
- * Add veggies to sandwiches (shredded carrots, sliced cucumbers, tomato, red onion, green leaf lettuce, etc...)
- * Try a new vegetable once a week.
- * Keep cut up vegetables on hand in the refrigerator for easy snacking.

