



## Daily Tips to Eat More Fruits and Vegetables



Fruits and vegetables are a key part of an overall healthy eating plan. Try a tip a day for four weeks to fit more fruits and vegetables into your diet.

### Week One

- **Plan ahead.** Get all your menu ingredients for the week. Wash and prep fruits and vegetables so you can throw together a fast, healthy meal on busy weeknights.
- **Cut up fruits and vegetables and keep them handy in clear containers in the fridge.** You'll have ready-made nutritious snacks your family can grab on the go.
- **Make vegetables the focus.** Protein doesn't have to be the star of the dish. Prepare a great vegetarian dish, then add a little grilled fish or chicken if desired.
- **Top it with fruit.** Mix sliced fruit or berries with plain yogurt instead of buying the sugary stuff. Or add some to your morning cereal.
- **Add fruits and veggies to family favorites.** Making the kids' favorite macaroni and cheese? Stir in some peas for extra nutrition.

### Week Two

- **Check out the local farmer's market.** You may find some local varieties of produce not found in grocery stores.
- **Go meatless.** Plan at least one vegetarian dinner this week.
- **Make frozen fruit treats.** Freeze 100 percent fruit juice in an ice tray or popsicle mold.
- **Try something new.** Pick a vegetable or fruit you've never tried and expand your palate.
- **Veggies for breakfast.** Add spinach, peppers or mushrooms into scrambled eggs and omelets. Try homemade zucchini, pumpkin or carrot bread.



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(continued)

### Week Three

- **Consider buying in bulk.** Produce is usually less expensive this way. Try splitting large amounts with a friend, or preserve it by freezing or canning.
- **Eat the rainbow.** The key to balanced nutrition is to eat fruits and vegetables from all color groups. Think green leafy spinach, purple beets, yellow squash, red tomatoes and white potatoes.
- **Veggie pizza.** Load your pizza with peppers, mushrooms and tomatoes instead of pepperoni or sausage. You'll boost nutrition and cut sodium and saturated fat.
- **Vary cooking methods.** Tired of steamed broccoli? Try roasting or dry sautéing it and enjoy the different flavors it creates.
- **One at each meal.** Try to get at least one serving of vegetables or fruit at each meal.

### Week Four

- **Fruit for dessert.** Skip the cookies and satisfy your sweet tooth with fruit.
- **Give soups and stews an extra boost.** Add some of your favorite frozen vegetable when heating soup or stew.
- **Drink your fruits and vegetables.** Make your own nutrition-packed smoothies by blending together frozen fruits and vegetables, non-fat (skim) or low-fat milk or yogurt, and 100 percent fruit juice.
- **Dip with veggies.** Skip the chips and dip sliced veggies into hummus, salsa or bean dip. Enjoy the satisfying crunch of bell peppers, carrots, cucumbers or celery.
- **Grow it.** Choose plants that grow quickly and do well in containers if space is limited, such as beans, cherry tomatoes, snow peas and radishes.