



## Tips to Help Add Fruits and Vegetables into Your Everyday Diet

Wake up to fruit. Drink juice, or compliment cereal, yogurt, or pancakes with naturally sweet sliced or dried fruit.

Try some “grate” ways. Add grated shredded or chopped vegetables, such as zucchini, spinach, and carrots to lasagna, meatloaf, mashed potatoes, mixed meat, poultry, pasta, and grain dishes.

Be saucy with fruit. Puree berries, apples, peaches or pears, for a thick, sweet sauce on grilled or broiled seafood or poultry.

Get creative with pizza. Order or make it “deluxe” with vegetable toppings: broccoli florets, carrot shreds, thinly-sliced zucchini, chopped spinach, red and green bell pepper strips, chopped tomato, or any other vegetable.

Bake with fruits and vegetables. Use pureed fruit, such as applesauce, prunes, bananas, or peaches in place of about half the fat in recipes for homemade breads, muffins, pancakes, cookies, and other baked goods. For flavor, texture, and nutrients, blend in shredded zucchini, carrots, or dried fruits.

“Sandwich” in fruit and vegetables. Add pizzazz to sandwiches by including sliced pineapple, apple, peppers, cucumbers, sprouts, and tomato as fillings.

Combine it with veggies. Make a quick stir-fry or combine pasta with just about any vegetable. Or add them to soup. These are great ways to use up fresh vegetables before they spoil. Hint: Add legumes, too.

Take a fruit to lunch. Make a habit of tucking an apple, tangerine, two plums or kiwis, grapes, cherries, dried fruit, or other fruit into your briefcase, tote bag, or lunch bag. Fruit is a great traveling snack.

Stuff an omelet with vegetables. Turn your omelet into a hearty meal with crisp, tasty vegetables like broccoli, squash, carrots, peppers, tomatoes, or onions.

Toss up a vegetable salad. Add extra cut-up vegetables, legumes and fruits to salads.

When you eat out, order more vegetables and fruits. Choose a vegetable appetizer or soup. Order a side dish of vegetables, legumes, or salad with a meal. Order a fruit bowl instead of dessert.

Count your beans. If you consume enough protein-rich foods from the meat, poultry, fish, dry bean, egg and nut groups, legumes can count as a serving from the vegetable group. Try adding cooked beans, peas, or lentils to salads, casseroles, and pasta dishes.

Make dips and spreads with vegetables and fruits. Spicy salsas can be made with tomato, bell peppers, onions and cilantro. For a tangy twist, also look for salsas with pineapple, mango, or peaches. Try hummus made with mashed chickpeas.

Stock your refrigerator with raw vegetables and fruits – “nature’s fast food” – cleaned, fresh, and ready to eat.

