

# 15 Ways to More Fruits and Veggies

## Best ways to eat more fruits and veggies:

1. Have 1 cup of fruit or 100% fruit juice for **breakfast**.
2. Take 1 cup of fruit for your mid-morning **snack**.
3. Eat at least one cup of vegetables at **lunch**. This can be a salad or vegetable soup.
4. Eat at least cup of vegetables for **dinner**.
5. Make one **vegetarian recipe** each week; don't be afraid to try new ones!
6. Eat a **salad** at least once a day, every day.
7. Keep **frozen veggies** on hand for quick side dishes and to throw in pasta or soup during the week.
8. Start **shopping** in the produce section of the grocery store and build your meal ideas from what you find there.
9. At least **1/3 of your grocery cart** should be from the produce section when you shop.
10. Keep **fresh and dried fruit** on hand for grab and go snacks.
11. Take **fresh fruit** with you every day for snacks.

12. The next time you visit a **fast-food restaurant**, order a salad instead of fries.
13. Make a **delicious fruit dessert** a couple times per week (see our fruit recipes in this issue).
14. Make a **veggie stir fry** once each week and use a variety of fresh and frozen vegetables.
15. When eating, fill **1/2 of your plate** with fruits and vegetables.

## Best recipes:

[www.cookinglight.com](http://www.cookinglight.com)

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

[www.foodandhealth.com](http://www.foodandhealth.com)

## Best time savers:

- Baby carrots
- Fresh salad mixes
- Grape tomatoes
- Cut slaw mix
- Frozen stir fry mix
- Frozen corn, peas, carrots, broccoli
- Frozen pepper strips
- Canned diced tomatoes
- Canned beans
- Dried pitted fruits
- Baking potatoes
- Sweet potatoes
- Grapes
- Apples
- Bananas
- Oranges
- Pears

## Best ways to jazz it up:

- With warm weather coming, *freeze some grapes and sliced bananas* - these make great keep-cool-snacking treats for everyone.
- Instead of the same old boring iceberg lettuce, try some *crispy fresh spinach, arugula or mixed greens* on salads and sandwiches.
- Put some *fresh veggies on the grill* whenever you decide to cook out.
- Toss some *fruit into your salad* - you can use dried fruits like cranberries or fresh ones like berries, mangoes, peaches and pineapple.



## For more information:

Go to [MyPyramid.gov](http://MyPyramid.gov) and check out the exact amount of fruits and vegetables you should be eating each day. Most people should eat about 4.5 cups daily but only get about half of that amount.