

# 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 fruit recipes online at [foodandhealth.com](http://foodandhealth.com)).
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 need to eat about 4.5 cups and do not get enough.