

Easy Ways to Eat More Fruits and Veggies

Try these tips for eating 5 cups of colorful fruits and veggies every day.

Fruits:

Quick and Easy

- Add fruit to your cereal, low-fat yogurt or oatmeal.
- Have fruit for dessert.
- Snack on grab-and-go fruit like apples, bananas, grapes and raisins.

Fun Snack and Meal Ideas

- Spread apple or banana slices with peanut butter.
- Add frozen berries to pancake and waffle mixes.
- Make a fruit smoothie with low-fat yogurt and fruit. Include a banana to make it extra thick!

Add Your Own Idea



Veggies:

Quick and Easy

- Eat at least two vegetables with dinner.
- Add rinsed canned beans to salad, soups, and pasta sauce.
- Snack on raw veggies like carrots, celery, and cucumber.

Fun Snack and Meal Ideas

- Add veggies like mushrooms or peppers to scrambled eggs.
- Make a healthy dip by mixing corn, black beans, and salsa.
- Top homemade or store-bought pizza with colorful veggies like spinach, red peppers, and summer squash.

Add Your Own Idea

