

# FIVE OR MORE SERVINGS OF FRUITS & VEGETABLES

HAND  
OUT **F2**



## WAYS TO INCLUDE MORE FRUITS & VEGETABLES IN YOUR DIET

- 1 Substitute spinach, onions or mushrooms for one of the eggs or half of the cheese in your morning omelet.
- 2 Add fruit to your cereal.
- 3 Use veggies, like lettuce, tomatoes, cucumber or onions in your sandwich, wrap or burrito.
- 4 Add extra veggies to your favorite soup.
- 5 Mix chopped fruit in muffins or pancakes.
- 6 Layer fruit, granola and yogurt in a tall glass for a parfait.
- 7 Make a fruit smoothie with fruit, yogurt and milk in a blender.
- 8 Add a side of fruit to any meal.
- 9 Put banana slices or raisins instead of jelly in a peanut butter sandwich.
- 10 Have small bags of pre-washed, ready-to-eat vegetables handy for snacks.
- 11 Use a tortilla to wrap meat or cheese and vegetables like spinach, tomatoes, cucumbers, mushrooms, etc.
- 12 Add grated vegetables, such as carrots, to other dishes like meatloaf, spaghetti sauce and tuna salad.
- 13 Ask your kids to select the fruit and vegetable for the evening meal.
- 14 Stuff a baked potato with a chopped vegetable, such as broccoli.
- 15 Make a pot of soup with any combination of vegetables on hand.
- 16 Dip fresh vegetables in a creamy yogurt dip.
- 17 Make a banana split using low-fat yogurt, fruit and crunchy cereal.
- 18 Mix dried fruit with nuts and low-fat granola cereal for a trail mix.
- 19 Help your kids find fruits and vegetables on school, restaurant and fast food menus.
- 20 Grow a vegetable in a small container or in the garden.

# FIVE OR MORE SERVINGS OF FRUITS & VEGETABLES

HAND  
OUT **F2**



- 21 Make a stir fry with sweet red and green peppers, onions, and zucchini.
- 22 Fill a thermos with vegetable soup for your school lunch.
- 23 Put canned or frozen fruit into yogurt.
- 24 Try a new fruit or vegetable, such as bamboo shoots, lychee, guava, papaya, star fruit, or passion fruit.
- 25 Visit a farmer's market and pick out some local vegetables.
- 26 Make a salad with spinach or arugula instead of iceberg lettuce.
- 27 Consider adding dried cranberries, raisins, strawberries in your green salad.
- 28 Made a fruit salad for dessert.
- 29 Do a special veggie taste test with your kids.
- 30 Try eating a frozen banana.

