HOW TO EAT MORE VEGETABLES & FRUITS

• PACK PORTABLE, easy-to-eat fruits and vegetables in your work or school bag.

• CHOOSE VEGETARIAN meals once a week. Think vegetable lasagna, portobello mushroom “burgers” or grilled veggie kabobs.

• FILL A SANDWICH out with veggies. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini.

• READY TO MUNCH Make adding fruits and veggies to meals handy by cutting them up and keeping them in the fridge.

• ADD TO BREAKFAST Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions.

• ENJOY fruit for dessert.

• MAKE IT FUN. Pick out a new fruit or vegetable in the grocery store each week. Try a new method to cook or prepare it.

• EAT THE RAINBOW. A fun and tasty way to make sure your family is eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.

• ADD IT ON. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

• WRAP EM UP. Make a veggie wrap with roasted vegetables.

• TACK IT ON Add a handful of leafy greens to every meal. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.