

# 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.

