



Increasing Fruits and Vegetables

Did You Know?

¼ cup of dried fruit counts as a serving of fruit. Mix your favorites with a handful of nuts for an easy and healthy snack. Keep them in your bag, your desk, or your car for those moments when you need just a little pick me up!

The more colorful the fruit or vegetable the healthier it is for you.



Fruit and vegetables are a great source of vitamins and minerals as well as many toxin-fighting antioxidants. Eat a variety of colored vegetables and fruit in your everyday snacks and meals.

Tips to help you reach 2 ½ cups of vegetables per day:

Cut up vegetables for the entire week after grocery shopping

- Add your cut vegetables to a soup, stir fry, or salad for a quick meal.
- Pack your precut vegetables with a low fat dip for an easy, healthy snack.

Don't be afraid of the freezer

- Frozen vegetables are picked and packed at the height of freshness and have the same nutritional value as fresh vegetables.
- Frozen veggies are a great way to get a variety of colors and flavors anytime of the year.

Add a variety of vegetables to your favorite dinner recipes

- Making soup? Add in some kale, squash, or tomatoes for a boost of flavor.
- Add spinach and mushrooms to your preferred marinara recipe.

Tips to get the recommended 2 cups of fruit per day:

Fruits are an easy 'grab-and-go' snack food

- Bananas, apples, pears, and oranges are great portable snack options.
- Keep a bowl filled with fruit on the counter; it will remind you to grab fruit as you are leaving.

Fruits are a great dessert

- Fresh berries are a sweet treat at the end of a meal.
- Top low fat frozen yogurt with granola and fruit for a healthy alternative to full fat ice cream.

Fruits are an easy add-in at breakfast

- Top oatmeal or your favorite cereal with fresh fruit.