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.