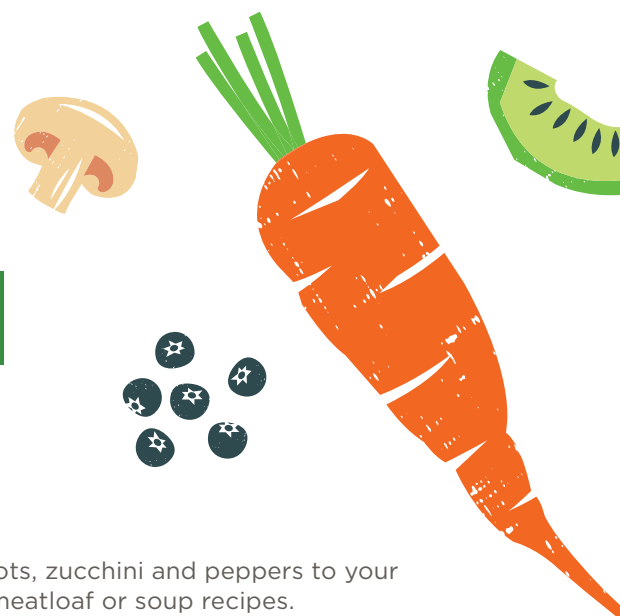


Fruits and Vegetables at Every Meal



BREAKFAST

- Start your day with a small glass of 100% juice or a piece of fruit.
- Top your whole grain breakfast cereal with fruit, like fresh or frozen berries.
- Mash a banana. Add to oatmeal.
- Top whole wheat pancakes or waffles with strawberries.
- Add a handful of chopped veggies — such as peppers, onions and mushrooms — to your eggs.

LUNCH

- Top shredded carrots and apples with a small amount of salad dressing and a sprinkle of raisins.
- Layer spinach, tomato, onion, carrots and lean meat on your favorite whole grain bread or wrap.
- Add spinach (fresh, canned or frozen) to your favorite whole wheat pasta dish.
- Chop up leftover veggies. Add to quesadillas.

SNACKS

- Make a snack mix of dry whole grain cereal, dried fruit and nuts. Take it with you on the go.
- Serve slices of raw veggies with a yogurt, peanut butter, cheese or bean dip.
- Make homemade carrot, pumpkin or squash quick breads or muffins. Use whole wheat flour.
- Add fruit to yogurt or cottage cheese. Try berries, grapes, peaches, pears or mandarin oranges.

DINNER

- Add carrots, zucchini and peppers to your favorite meatloaf or soup recipes.
- Serve baked potatoes with different vegetable toppings. Try peppers, onions, mushrooms, carrots or broccoli.
- Serve steamed veggies like green beans with a spicy peanut sauce.
- Grill vegetables to add to burritos or fajitas. Use whole wheat tortillas.
- Top pizza — made with whole wheat crust — with your favorite vegetables. Or, make a fruit pizza for dessert.
- Add shredded carrots to marinara sauce. Serve over whole grain pasta or as a dip for whole wheat bread.
- Grill sliced fruit for a tasty side dish or dessert.

Three ways I will eat more fruits and veggies:

1. _____

2. _____

3. _____
