

75210 Rules

- Offer new fruits & veggies different ways
- Many fruits & vegetables taste great with a dip or dressing. Try a low fat salad dressing, yogurt get more protein with peanut butter on your celery or apple slice
- Make a fruit smoothie with low fat yogurt

Mix It

- Add veggies to food you already make like pastas, soups casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes or other breakfast foods.

Slice It

- Wash & chop veggies & fruits so they are ready to grab & eat
- Most people prefer crunchy foods over mushy ones. Enjoy veggies raw or lightly steamed



Eat at least
5 FRUITS & VEGETABLES
a day

F for Thought

What is a serving?

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

Choose with the seasons

- Buy fruits & veggies that are in season
- Don't forget that frozen fruits & veggies are always available & are a healthy choice

Did you know?

A diet rich in **fruits and vegetables** provides vitamins & mineral, important for supporting growth & development

