

# Tips for Sneaking More Fruits & Vegetables Into Your Diet



# FOR SNACKS:

- Make smoothies by blending together frozen fruit, such as sliced bananas or strawberries and milk or 100% fruit juice
- Have cup-up raw vegetables and dip as an afternoon snack (think broccoli, cauliflower, carrots, grape tomatoes) – Cut them ahead of time and have them waiting on a top shelf in your refrigerator so they are as convenient as grabbing a bag of chips.
- Have apples, plums, pears, carrots, and celery washed and ready to eat
- Keep dried fruits and nuts in your desk drawer for quick and easy snacks when you get hungry
- Our 100% fruit or vegetable juice into an ice cube tray to make juice cubes

# FOR BREAKFAST:

- Add raisins, blueberries, strawberries, or sliced bananas to your cereal or oatmeal
- Blend spinach or a spring mix, frozen fruit such as blueberries, yogurt, milk, and ice for a delicious smoothies
- Keep a big bowl of ripe summer fruits on your kitchen table or counter for passers-by to pick up on their way out.

# FOR LUNCH & DINNER:

- Include vegetables on sandwiches (think mushrooms, tomatoes, sprouts, green peppers, cucumbers, onions)
- Include a side salad or a vegetable soup
- Choose a baked potato or sweet potato instead of French fries
- Add green or red pepper strips, broccoli florets, carrot or cucumber slices to pasta or potato salads
- Grill fruits and vegetables, such as pineapple, peaches, eggplant, zucchini, squash, onions, cherry tomatoes for a different spin
- Sprinkle shredded carrots, shredded cabbage, or spinach leaves on your salads
- Toss orange slices in a salad for a nice sweet kick
- Make homemade salsa with tomatoes, lime juice, cilantro, onions, or pineapple
- Add vegetable toppings to pizzas

# FOR DESSERTS:

- Try fresh fruits for dessert, such as cut-up melon, fresh strawberries, peach slices
- Cut a banana into slices and freeze for a delicious frozen treat
- Freeze grapes for a delicious sweet treat
- Top off a small bowl of frozen yogurt or vanilla ice cream with berries or sliced fresh fruit

# WHY EAT MORE FRUITS & VEGETABLES?

- Eating 5 or more servings of fruits & vegetables every day might reduce your risk of developing cancer
- Most fruits and vegetables are naturally low in calories, fat, and sodium; meaning that you can fill up on vitamins, nutrients, and fiber without all negatives

# TIPS FOR KIDS

- Decorate dishes with fruit and vegetable garnishes
- Top a bowl of cereal with a smiling face featuring sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth
- Draw a picture. Use broccoli florets for trees, carrots and celery for flowers, cauliflower for clouds, and a yellow squash for the sun
- Serve dried fruit instead of candy
- Make frozen fruit kabobs using pineapple chunks, bananas, grapes, and berries
- Go shopping with your children and let them pick a new fruit or vegetable to try

# MAKE SELECTING FRUITS & VEGETABLES EASY

- Add fresh fruits & vegetables to foods you already eat – like berries and bananas to yogurt & cereal; vegetables to pasta & pizza; and lettuce, tomato, and onion to sandwiches
- Keep fruits & vegetables very visible – put them at eye-level in the refrigerator or on the countertop
- Make eating fruits & vegetables convenient. Have them washed and cut-up so it doesn't require more work to eat the fruits and vegetables than it would to open a bag of chips or a candy bar.
- Try a new fruit or vegetable to keep from getting bored

# QUICK & EASY RECIPE IDEAS

- **Ants on a Log**: Spread a thin layer of peanut butter on a slice of celery and top with a few raisins
- **Banana Dog**: Mix  $\frac{1}{2}$  Tbsp peanut honey with 1 Tbsp natural peanut butter. Spread mixture evenly down center of tortilla. Place whole banana on top of peanut butter spread. Top with  $\frac{1}{4}$  cup blueberries. Fold tortilla and enjoy.
- **Creamy Blueberry Shake**: Combine 2 cups blueberries (fresh or frozen), 2 small ripe bananas,  $\frac{1}{3}$  cup honey, 2 Tbsp lemon juice, and puree on HIGH speed in blender. Add  $1\frac{1}{2}$  cup vanilla yogurt and 1 cup vanilla ice cream and blend until thick and smooth.
- **Get Up & Go Grape Pudding**: Cut 2 cups of seedless grapes in half. Prepare 1 package of vanilla instant pudding mix according to package directions. Combine pudding with grape halves and spoon into 4 small bowls. Top with equal amounts cereal (total  $\frac{1}{2}$  cup low-fat honey and oats granola cereal).

# To Receive Credit for Completing a Wellness Activity:

Be sure to click on the link below to complete the quiz. You must answer all of the questions correctly to get credit for an activity. You will receive an email at the email address you provide letting you know if you received credit for completing the quiz.

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