Fruits and Vegetables – More Matters™

Colorful fruits and vegetables are nutrient dense, low in fat and salt and contain fiber, vitamins, minerals, and phyto-chemicals (plant chemicals) shown to improve health.

• Eat a colorful variety of fruits and vegetables for a wide range of nutrient.

• Keep fruits and vegetables “ready to eat.” Cut fruits and vegetables as soon as you get them home. Add a little lemon juice to fruit (like bananas and apples) to avoid browning. Serve cut up fruit with vanilla yogurt. Apple is great with low fat cheese or peanut butter. Serve raw veggies such as cucumbers, tomatoes, carrots, broccoli, etc. with low-fat ranch dressing, hummus, or salsa.

• Encourage fruits and veggies in meals or snacks. Add fruit such as banana, strawberry, peach, or dried fruit to cereal or top of pancakes/waffles. Add grapes, smiley face oranges, apples, to lunch boxes and snacks. Add a salad to lunch or supper.

• Add vegetables to soups. Grate carrots and other veggies and add to meatloaf, spaghetti, pasta sauce, and pizza. Keeping pieces small makes them more palatable.

• Keep boxes of raisins or portion control dried fruit in Ziplocs for lunchboxes and snacks.

• Try a new vegetable or fruit each month. Look for cooking ideas and recipe cards in the grocery stores, magazines, newspapers, etc.

• Eat a baked potato instead of French fries. Try ketchup, steak sauces or salsa instead of margarine and sour cream to lower the fat content of the meal.

• Add vegetables to pizza and cut back on the meat.

• Make fruit and vegetable kabobs on toothpicks. Keep some in the fridge for easy snacking.

• Make a smoothie by combining ½ cup fresh fruit, a cup of low fat vanilla yogurt, ¼ cup skim milk and ice. Blend and serve as breakfast or a snack.

• Freeze grapes, berries and bananas for a sweet snack.