
FRUITS & VEGGIES

Strategies for incorporating these amazing foods into your diet

Snack on Fruits and Vegetables:

Make fruits and vegetables the stars of your snacks.

Replace snacks like potato chips, cookies, and crackers with fruits and vegetables. You could make a vanilla yogurt dip for fruit, or a spicy bean dip for sliced vegetables.

You could also snack on salad or a bowl of vegetable soup.

Whole fruits like apples and bananas make great on-the-go snacks too!

To make your fruit and vegetable snacks as filling as possible, consider incorporating protein-rich nonfat Greek yogurt into your fruit treats, and beans, nuts, and seeds into your vegetable snacks. All of these foods offer serious staying power!

Fill Half Your Plate with Fruits and Vegetables:

Mark off half your plate and only fill it with fruits and vegetables at each meal. For breakfast, that could mean a sauté of leafy greens, cubed potatoes and onions alongside your oatmeal or eggs. Then you could add fresh sliced fruit, a bowl of berries, or a wedge of melon to fill the rest of your plate. For lunches and dinners, consider a salad of dark leafy greens and sliced raw veggies. Sliced fruit or fresh berries are also easy options for times that you want to add more fruit to your plate. Of course, roasted vegetables make great sides too, as do sautéed or even raw veggies.

