

Fruit & Veggie ABCs

A is for Apple – Keep a crisp one in your refrigerator, ready for a sweet snack.

B is for Banana – A banana can augment a breakfast on the run, be a healthful snack, or a be a better dessert.

C is for Carrots – Buy grated carrots and use them in salads all week.

D is for Dried Fruit – Keep raisins on hand for snacks and cereal toppers. Try dried cranberries, blueberries, dates, or plums too.

E is for EVERY DAY and EVERY MEAL – Make an effort to have at least one fruit or vegetable with every meal, every day!

F is for Fruit – Keep plenty of fruit on hand so that it's easy to enjoy daily.

G is for Grapes - Wash a bunch and put them in a bowl for a convenient and healthful snack.

H is for Herbs – Use fresh herbs such as cilantro, parsley, and basil to brighten your salads, soups, and pasta dishes.

I is for Italian – Don't know what to make for dinner? Go Italian! Whole grain pasta with tomato sauce is always a good idea. If you really want to earn a nutrition star, add some mixed vegetables to the sauce.

J is for Juice – 100% fruit juice is a good option when on the go. Even the best juice is still high in sugar, so consider cutting it with water and drinking it in moderation.

K is for Kale – This nutrition powerhouse is easy to add to pastas, stir-fries, and soups.

L is for Lettuce – Keep a bag of pre-washed lettuce on hand at all times for salads; try assorted greens too.

M is for Melons - Melons are low in calories, delicious to eat, and good sources of fiber.

N is for Nuts – Sprinkle a little on your salads, yogurt parfaits, and fruit salads.

O is for Oranges - Eat them plain or toss them into salads.

P is for Potatoes – Keep potatoes on hand for baked potatoes, baked potato salad, and quick mashed potatoes.

Q is for Quick – The microwave will cook most vegetables very quickly!

R is for Raspberries - Raspberries are a delicious treat that can be used in cereal, yogurt, and fruit salads.

S is for Strawberries – Fresh strawberries are a delight. Remove their tops, cut them in half and store them in the fridge. That way, they will be ready to go for snacks and to top cereal and yogurt.

T is for Tomatoes – Grape tomatoes are great for kids. Plus, they keep well and require no slicing.

U is for Ultimate – The ultimate topping for salads is oil and vinegar. These are cheap, come in fun varieties, and, most

importantly, they don't contain lots of added sodium the way commercial dressings do. Remember to use oil sparingly!

V is for Vegetables – Purchase an assortment of frozen vegetables. Keep these on hand for easy meals – stir-fry dishes, pasta, soups, and more. Frozen vegetables require no chopping, peeling, or dicing and they have a longer shelf life than fresh. Choose options with as little added sodium as possible.

W is for Watermelon - Keep it sliced for a cool treat.

X is for eXplore – Take time to pick out a new fruit or vegetable in season when you go to the market or grocery store.

Y is for Yams -These make a great snack. Microwave them and top with reduced-calorie syrup or cinnamon for a sweet treat at any time of day.

Z is for Zucchini – This delicious squash can be used in muffins, omelets, stir-fry dishes, and kabobs.

