Easy Ways to Eat More Fruits and Veggies

Try these tips for eating 5 cups of colorful fruits and veggies every day.

Fruits:

Quick and Easy

- ❒ Add fruit to your cereal, low-fat yogurt or oatmeal.
- ❒ Have fruit for dessert.
- ❒ Snack on grab-and-go fruit like apples, bananas, grapes and raisins.

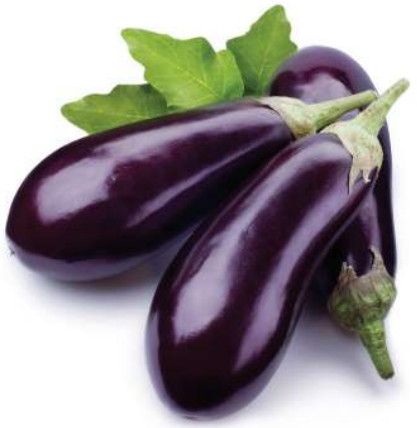
Fun Snack and Meal Ideas

- ❒ Spread apple or banana slices with peanut butter.
- ❒ Add frozen berries to pancake and waffle mixes.
- ❒ Make a fruit smoothie with low-fat yogurt and fruit. Include a banana to make it extra thick!

Add Your Own Idea

❒ _____

Veggies:



Quick and Easy

- ❒ Eat at least two vegetables with dinner.
- ❒ Add rinsed canned beans to salad, soups, and pasta sauce.
- ❒ Snack on raw veggies like carrots, celery, and cucumber.

Fun Snack and Meal Ideas

- ❒ Add veggies like mushrooms or peppers to scrambled eggs.
- ❒ Make a healthy dip by mixing corn, black beans, and salsa.
- ❒ Top homemade or store-bought pizza with colorful veggies like spinach, red peppers, and summer squash.

Add Your Own Idea

❒ _____

Just Say Yes to Fruits and Vegetables

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This information was provided by/or adapted from JSY, NYSDOH, www.jsyfruitveggies.org.

NJSNAP-Ed eat healthy. be active