



Add Fruits and Vegetables to Classic Favorites...

Classic Dishes

Plus

Fruit or Vegetable

Yogurt



+



Peaches

Oatmeal



+



Raisins

Quesadillas



+



**Tomatoes
and Peppers**

Lasagna



+

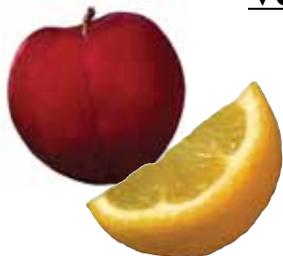


Spinach



Tips

...to Help You Eat at Least 3½ Cups of Fruits and Vegetables Every Day



- Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Dried fruits make a great snack. They are easy to carry and store well.
- For dessert, have baked apples, pears, or a fruit salad.
- Try a fruit smoothie – mix bananas, peaches, strawberries, or other berries with low-fat or fat-free yogurt.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Fruits and vegetables taste great with a dip or dressing. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, red or green pepper strips, or apples.
- Salads are an easy way to get your vegetables. Include a green salad with your dinner every night. Or try a main dish salad for lunch.

*Tips were adapted from USDA's ChooseMyPlate.gov web site: <http://www.choosemyplate.gov/food-groups/fruits-tips.html>