



# Fruits & Veggies



## Getting Started

Not sure how to increase your fruit and vegetable intake? Start the day with 100 percent fruit or vegetable juice. Slice bananas or strawberries on top of your cereal. Have a salad with lunch, and carrot sticks for an afternoon snack. Include a vegetable with dinner and you already have about 5 Cups of fruits and vegetables. If you need more than 5 cups per day, try adding a piece of fruit for a snack or an extra vegetable at dinner.

- Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or cucumbers and red peppers.
- When you keep fruits and vegetables easily accessible you tend to eat them more; for instance, store cut and cleaned produce at eye-level in the refrigerator, or a bowl of fruit on the table.
- You can get some of your fruits and vegetables at restaurants too. Try some of these healthy choices: veggie pizza, pasta with vegetables fresh vegetable "wrap", vegetable soup, small salad (instead of fries), plenty of fresh vegetables from the salad bar.

## In A Hurry During The 9 To 5?

- Buy ready-to-eat packaged fresh vegetables that are already cleaned. Pre-cut vegetables and salad mixes are a terrific time-saver. You'll find them at your local supermarket.
- A fast food alternative? Your local supermarket may offer prepared items, including sliced melons, fresh pineapple, salad mixes, and a salad bar to satisfy your hunger.
  - Fruit— an apple or orange, or a zip lock bag and fill with sweet cherries, grapes, dried dates, figs, prunes, raisins, or apricots
  - Vegetables— carrot sticks, broccoli, or some red, yellow, and green pepper. Try dipping your vegetables in low-fat salad dressing.
  - In a hurry for a healthy treat? Pick fruits and vegetables that require little peeling or chopping, like baby carrots, cherry tomatoes, cauliflower, grapes, broccoli spears, an apple, a banana, or a box of 100 percent fruit or vegetable juice.
  - Here's a great way to get a variety of fruits and vegetables in your daily diet. Buy low-fat or non-fat yogurt, fruit juice, and fresh, canned, or frozen fruit to blend a quick fruit smoothie. Get juicy! Buy 100 percent fruit or vegetable juice to quench your thirst and satisfy one serving of your fruit and vegetable goals.



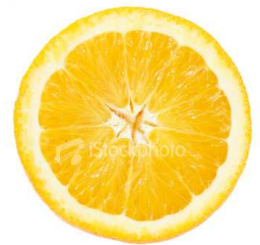
## Picky Eating Tips

- Parents are role models! Set a good example by eating healthy foods yourself! Buy and try new fruits and vegetables. Drink water between meals. Set an eating routine at home for your meals and snacks. Your children will learn by your good example.
- Don't expect your child to like something new the first time. Offer it again in a week. It usually takes several tries before children are willing to try new foods.
- Place a small amount of each food on your children's plates. Let them ask for more.
- It's normal for children to explore foods. Young children often touch or smell the food on their plate.
- Children thrive on routine. Just like you have a bedtime routine, stick to a feeding routine. Your child is less likely to be tired or fussy at mealtimes!
- Offer healthy foods. Your child soon learns these are the foods in your home and will eventually eat!

## Technicolor Vegetable Pizzas

Preparation time: 20 minutes

- 3 cups frozen mixed vegetables with mushrooms
- 5 slices Italian bread (1 oz. slices; each ~ 1" thick and 5" long)
- 1 tablespoon olive oil
- ½ cup prepared pizza sauce
- 1 cup finely chopped tomato
- ½ cup very finely diced onion
- 1 tablespoon dried oregano leaves
- 1 teaspoon garlic powder
- 2 ½ tablespoons grated Parmesan cheese



**Instructions:** Pre-heat oven to 350° F . Microwave frozen vegetables, and pat dry. Brush bread slices lightly with oil and spread each with ~ 1½ tablespoons sauce. Combine all vegetables in a medium bowl. Spoon vegetable mixture equally onto bread slices. Sprinkle with oregano, garlic powder and cheese. Bake 5-7 minutes, until bread is brown on the edges and all vegetables are hot.

**Nutrition Information per Serving:** calories: 182, total fat: 5.0g, saturated fat: 1.1g, % calories from fat: 24%, % calories from saturated fat: 5%, protein: 6g, carbohydrates: 29g, cholesterol: 2mg, dietary fiber: 5g, sodium: 339 mg

**Source:** CDC and Fruits and Veggies More Matters