

QUICK TIPS

These may seem like simple suggestions, but each small effort helps to increase your consumption of nutritious, delicious fruits and vegetables. Remember, all forms count—fresh, frozen, canned, dried and 100% juice! If you choose to drink 100% juice, limit intake to one cup or less per day. If you choose canned products, look for those that are packed in juice or water.

Use the following list of suggestions to add more fruits and vegetables to your diet. Every time you try one of these tips, count it as ONE point for the day on your Fruits and Vegetables Challenge log. If you eat a fruit or vegetable that fulfills more than one of the tips from this list, count it as one point on your Challenge log sheet.

ANYTIME

- Eat a red fruit or vegetable (like apples, tomatoes, red peppers, beets or strawberries).
- Eat a white fruit or vegetable (like potatoes, onions, parsnips, cauliflower, bananas or white peaches).
- Eat a yellow/orange fruit or vegetable (like oranges, pineapples, yellow apples, butternut squash, sweet potato, pumpkin or yellow squash).
- Eat a blue/purple fruit or vegetable (like blueberries, grapes, purple cabbage or eggplant).
- Eat a green fruit or vegetable (like spinach, kiwi fruit, green pear, or asparagus).
- Eat one more fruit or vegetable today than you did yesterday.
- Eat fruit for a snack today.
- Eat fruit for dessert today.
- Enjoy vegetable soup for lunch or dinner.
- Try a frozen fruit bar (100% juice) for an evening snack.
- Try one new fruit or vegetable today.
- Visit a local farmer's market, farmer or farm stand and buy at least one fruit or vegetable.

AT HOME

- Add more fruits and vegetables to a favorite recipe (for example, add vegetables to your favorite pasta, grated carrots or zucchini to meat loaf, or add fruit to a homemade dessert).
- Add vegetables to your soup, rice or pasta at dinner.
- Add vegetables to your sandwich at lunch.
- Cut up vegetables for easy access in your refrigerator.

- Add canned, dried or fresh fruit to your salad (for example, canned mandarin oranges, dried cranberries or fresh apples).
- Eat two vegetables with dinner.
- Enjoy one cup (8 oz) of 100% fruit juice with breakfast.
- Make a low-fat dip (like black bean dip, hummus, or salsa) to accompany raw vegetables.
- Make a smoothie with frozen or fresh fruit for breakfast.
- Make a vegetable omelet for breakfast.
- Top your cereal or oatmeal with fresh or dried fruit.
- Try one new fruit or vegetable recipe today.
- Try a new method for cooking vegetables (for example, grilling, roasting or sautéing).
- Visit the www.MyEatSmartMoveMore.com Web site and try a new recipe.

AT WORK

- Bring a bowl of fruit to have on hand and eat a piece when you get hungry at work.
- Bring your lunch to work and include at least two servings of fruits or vegetables.
- Keep a snack bag of dried fruit (like raisins or cranberries) in your purse, brief case or desk at work.

EATING OUT

- Ask your server if you can choose vegetables for a side dish with your order.
- Enjoy a side salad with your lunch or dinner.
- Order your pizza with extra vegetables.
- Order a salad for lunch rather than a sandwich.
- Substitute fruit or a salad for fries with a fast food meal.