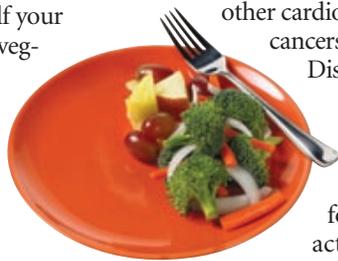


13 Fun Ways to Eat More Fruits and Vegetables!

Alice Henneman, MS, RD
UNL Extension Educator

When you look at your lunch and dinner meals, do you see an amount of fruits and veggies equal to about half your plate? Did you have a fruit or veggie for breakfast? And maybe include one as part of a snack?

Most of us know we should eat more fruits and veggies; most of us don't eat enough. Here are 13 fun ways to eat more fruits and vegetables!



“Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases and certain cancers,” according to the Centers for Disease Control and Prevention.

(NOTE: If you'd like to calculate the specific fruit and vegetable recommendation for your age, sex and activity level, go to www.fruitsandveggiesmatter.gov)



Stir chopped vegetables and/or fruit into cold rice and mix with salad dressing for a super side dish. An oil and vinegar dressing mixes well with vegetables while a sweeter dressing, such as poppy seed dressing, goes well with fruit.



Give your morning oatmeal a quick hit of fruit by tossing in some frozen blueberries or raspberries directly from the package.



Make a quick parfait by layering yogurt, low-fat granola and fruit in whatever proportions you'd like.



Make a dip by mixing 1/4 cup peanut butter, 2 tablespoons orange juice and 1/2 cup low-fat vanilla yogurt. Serve with fresh apples, pears, carrot sticks and/or celery sticks.

continued on next page

Know how. Know now.



Add veggies (such as cucumbers, lettuce, tomatoes, peppers, mashed avocado, onion, etc.) to a cheese or meat sandwich.



Serve strips of lean meat as part of a main dish salad loaded with veggies and/or fruit.



Toss extra frozen veggies into the pot when making canned soups. When possible, choose soups with less sodium.



Rather than making a tuna salad sandwich, serve a scoop of tuna salad atop tomato slices.



Add extra veggies such as thawed frozen peas and/or thinly sliced carrot coins to your potato salad.



Mix some veggies with your pasta for added pizzazz!



Freeze 100% fruit juice (orange, apple, pineapple and grape) in popsicle molds.



Instead of a big dish of ice cream TOPPED by fruit, enjoy a bowl of fruit capped with a small scoop of ice cream.



Blend a cup of small pieces of frozen fruit, 3/4 cup of juice and a half cup of vanilla or other flavored yogurt for a quick smoothie.

For more ideas on adding fruits and veggies to meals, visit www.fruitsandveggiesmatter.gov and www.fruitsandveggiesmorematters.org