

Eat More Fruits

10 tips to help you eat more fruits

Eating fruit provides health benefits. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body, such as potassium, dietary fiber, vitamin C, and folic acid. Most fruits are naturally low in fat, sodium, and calories. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 Keep fruits accessible

Keep a bowl on the table, counter, or in the refrigerator.



2 Make it easy

Have pre-cut fruits available at work.

3 Think about variety

Buy fruits that are dried, frozen, fresh, and canned (in water or 100% juice) so that you always have a supply on hand.



4 Don't forget the fiber

Make most of your choices whole or cut-up fruit rather than juice, for the benefits that dietary fiber provides.



5 Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add berries to oatmeal; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt



6 Try fruit at lunch

At lunch, pack an orange, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or apple sauce are easy to carry and convenient for lunch.



7 Fruit at dinner

Add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

8 Snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



9 Make it fun!

Cut up fruit and put it on a stick for kabobs. A fruit smoothie is a fun and refreshing drink for adults and kids.



10 Visit your local farmers market

Find good buys from local farmers and you might even learn about some new fruits you haven't tried.



Add more vegetables to your day

10 tips to help you eat more veggies

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.



2 Prepare ahead of time

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad with hummus or in a veggie wrap.

3 Taste the rainbow

Brighten your plate with vegetables that are red, orange, or dark green. They are packed with vitamins and minerals. Try acorn squash, beets, or collard greens.



4 Check out the frozen veggies

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding corn, peas, green beans, spinach, or sugar snap peas to your favorite dishes.



5 Sip on some vegetable soup

Heat it and eat it. Try butternut squash, garden vegetable soup, or broccoli soup. Look for reduced or low sodium soups.

6 Make your salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress.



7 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned mushrooms, beets, green beans, and artichoke hearts. Select those labeled as reduced sodium, low sodium, or no salt added.



8 Dining out

If dinner is away from home, don't worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 Savor the flavor of seasonal veggies

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 Try something new

You never know what you may like. Choose a new vegetable and add it to your recipe or look up how to prepare it online.

