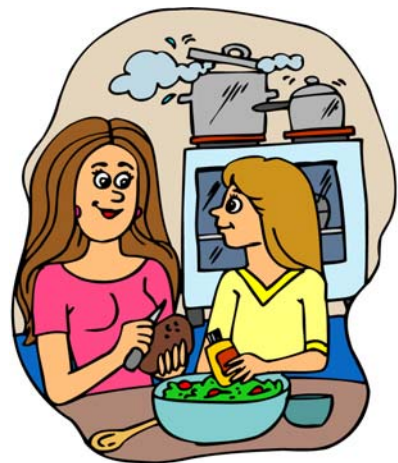
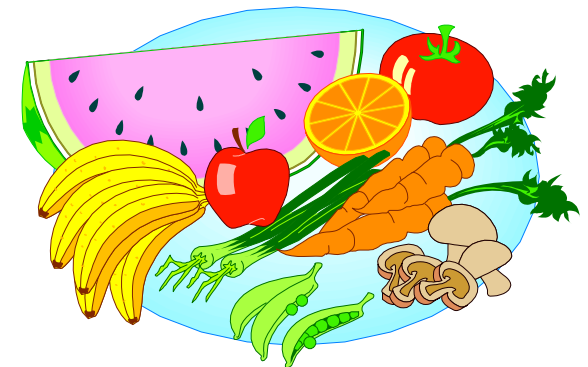


Even if your family's favorite vegetables are French fries and carrot cake, don't give up hope. It can be hard to start new habits, so try these tips to make it easier for you and your family to reach the recommended **5** servings of fruits and vegetables a day:



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# Tips for Increasing **Fruits** and **Vegetables** in your



## Tip 1: Serve Fruits and Vegetables at Every Meal

**Breakfast:** Add chopped tomatoes, onions, mushrooms or bell peppers to scrambled eggs or omelets. Top cereal with fresh or dried fruit. For breakfast on the go, try a delicious smoothie made with milk, fruit and ice.

**Lunch:** Mix shredded carrots or chopped bell peppers into tuna or chicken salad. Add extra veggies to sandwiches—green leaf lettuce, tomato, cucumber, onion or sprouts. Offer a mixed salad in place of chips. Pack a piece of fresh fruit or container of mixed melon slices for dessert.

**Dinner:** Take advantage of the hunger that hits before dinner and set out a plate of raw vegetables with light ranch dressing for dipping. Grape tomatoes and baby carrots taste great and need no preparation. For dessert try sliced fruit or berries topped with fat-free yogurt, or fresh fruit chunks on skewers.

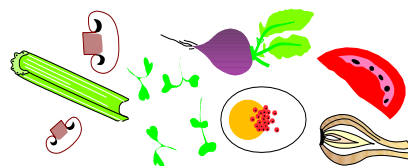


## Tip 2: Make It Convenient

Many fresh fruits and vegetables are portable. Toss an apple, banana or an orange in your bag in the morning. Put an handful of grapes or baby carrots in a baggie for a quick snack. Keep a basket of fresh fruit on the kitchen counter and a bowl of melon chunks and berries in the fridge within easy reach. For snacks try fresh vegetable or fruit salsa with pita bread wedges or baked tortilla chips, or your favorite low-fat dip with an assortment of fresh vegetables instead of chips. Take advantage of pre-washed, pre-cut and packaged vegetables and fruits from the supermarket—the convenience can be worth the extra cost.

## Tip 3: Try Recipes That Feature Vegetables

Stir-fry dishes, vegetable lasagna, veggie topped pizza, and burritos stuffed with black beans, peppers, onions and salsa offer familiar flavors that feature loads of vegetables.



## Tip 4: Add More Flavor

Steaming or stir-frying instead of boiling helps vegetables retain more taste. Add a sprinkle of grated Parmesan cheese for extra appeal. Sauté vegetables in chicken broth, vegetable broth, or a little olive oil and garlic for additional flavor.

## Tip 5: Sneak Them In

If all else fails, hide them. Shredded vegetables, such as zucchini, summer squash and carrots, disappear into spaghetti sauce, meat loaf, homemade burgers and casseroles.

