

Health Observance



Fruits and Veggies on the go!

Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick bite while waiting for dinner. Ready to eat favorites: red, green, or yellow peppers, broccoli or cauliflower, carrots, celery sticks, cucumbers, snap peas or whole radishes.

Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.

Daily Goal | Aim for 2 cups fruit and 2 ½ cups of vegetables

Tame that sweet tooth with fruits!

- Freeze bananas, blend and add milk until you reach desired thickness.
- Dip fruit in melted dark chocolate.
- Make fruit kabobs with berries, grapes and pineapple.
- Wrap peaches with cinnamon in foil and grill until tender.

For more tips visit www.eatright.org

Nutrition Awareness

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture *plus* vitamins, minerals and fiber. All of this is packed in fruits and vegetables that are low in calories and fat. Try the following tips to enjoy more fruits and vegetables every day.



Work fruits and vegetables into your day!

- Use vegetables for pizza toppings; try broccoli, spinach, tomatoes, mushrooms and zucchini.
- Add kale or spinach and fruit into a smoothie.
- Grill colorful vegetable kabobs with tomatoes, green/red peppers, mushrooms and onions.
- Add color to salads with baby carrots, grape tomatoes, spinach leaves, strawberries or mandarin oranges.
- Make vegetable soup or add vegetables to your favorite stew.
- Stuff an omelet with vegetables like broccoli, squash, carrots, tomatoes, mushrooms, onions, bell peppers or top with avocado.