



MHealthy Nutrition:
**EASY WAYS TO
EAT MORE FRUITS
AND VEGGIES**

MORE VEGGIES PLEASE!

- Top your favorite sandwich with tomatoes, bean sprouts, cucumbers or spinach.
- Make a tasty pasta salad with broccoli, pea pods, carrots, and dressing.
- Flavor frozen vegetables with parmesan cheese or Italian seasoning.
- Add frozen vegetables to your favorite casserole or soup.
- Mix peppers, onions, tomatoes and salsa with black beans and wrap in a tortilla.
- Prepare your own pizza with onions, mushrooms, and peppers.
- Microwave a sweet potato and add brown sugar.
- Wrap up hummus with cucumbers, celery and radishes in a whole grain tortilla.
- Toss cauliflower, broccoli, and onions in a little bit of olive oil and lemon pepper-roast in the oven at 450 degrees until tender, stirring after 10 minutes.
- Add mushrooms, zucchini, and onions to spaghetti sauce.
- Cook spinach with a little olive oil and garlic until lightly wilted.

- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins.
- Add canned pumpkin to macaroni and cheese, French toast or pancakes.
- Scramble eggs with cooked spinach, peppers, and mushrooms.
- Mash cooked cauliflower with greek yogurt and milk for an alternative to mashed potatoes or mix with mashed potatoes.

BE CREATIVE

Replace your favorite veggies of choice for the above suggestions.

QUICK TIPS

- Keep fresh, frozen and canned fruits and vegetables stocked in your kitchen.
- When you have time, wash and chop extras for the week.
- Prepare baggies with ready-to-eat fruits and veggies to grab on the go.

SWEETEN UP YOUR DAY WITH SOME FRUIT!

- Blend frozen fruit with yogurt and ice for a delicious smoothie.
- Top a fresh greens salad with oranges, apples, grapes or berries.
- Sprinkle fresh or frozen berries in cold or hot cereal and in pancakes.
- Pack canned fruit with no added sugar for an on-the-go snack.
- Stir fresh or frozen fruit into yogurt.
- Enjoy fruit with ice cream.
- Mix fresh and canned fruit (drained) with cool whip for a tasty fruit salad.
- Bake an apple sprinkled with cinnamon.
- Serve fruit with cottage cheese.
- Try frozen 100% fruit juice bars.

QUICK TIPS

- Have a bowl of fresh fruit on the counter as a reminder.
- Place cut up fruits and veggies on the refrigerator shelf in a clear container.
- Double or triple the vegetables called for in a recipe.