

55 ways to add more fruits and vegetables every day



BREAKFAST Breakthroughs

1. Top cereal with fresh or dried fruit.
2. Whirl up a fruit shake with your favorite fresh fruit, milk, and yogurt.
3. Stir dried fruit into your muffin mix.
4. Top your pancakes with fruit instead of syrup, or mix the fruit into the batter.
5. Have a fresh grapefruit lightly sweetened with brown sugar or honey for breakfast or snack.
6. Don't forget about topping yogurt with fresh or dried fruit.
7. Top whole grain bagels or toast with pureed fresh fruit.
8. Have a glass of 100% juice with breakfast to start your day off right.

Easy BROWN BAGS

9. Add zucchini, carrot, or sweet pepper strips to your lunch bag.
10. Try peanut butter and banana sandwiches instead of peanut butter and jam.
11. Use spinach, tomatoes, and cucumbers in sandwiches instead of lettuce.
12. Marinate a variety of sliced vegetables with low-fat Italian dressing and use with turkey in a pita pocket.
13. Add slices of fruit to your sandwich.
14. Try something different: go meat-free in sandwiches and make it a veggie sandwich instead.
15. Include one fresh fruit and one fresh vegetable in all brown bag lunches.



Smart SNACKS

16. Keep single serving 100% juice boxes in your car.
17. Freeze unsweetened fruit juice into ice cubes or pops.
18. Drink a glass of vegetable juice – anytime!
19. Keep vegetables in cold water in the front of your refrigerator.
20. Buy packages of pre-cut broccoli, carrots, and cauliflower.
21. Put fruits and vegetables out while dinner is being prepared.
22. Put single serving raisin boxes in your cookie jar.
23. Use tomatoes to make a fresh salsa. Mix chopped tomatoes with minced onion, garlic, and cilantro.
24. Prepare a berry spritzer by adding berry puree to sparkling water.
25. Serve cut-up fruits and vegetables with a yogurt dip.
26. Make a yummy fruit salsa using grapes, pineapples, and mangoes with brown sugar and onions.
27. Serve cucumber slices instead of crackers with dips and spreads.
28. Take along dried fruit as a snack.
29. Pack an apple for your commute home.



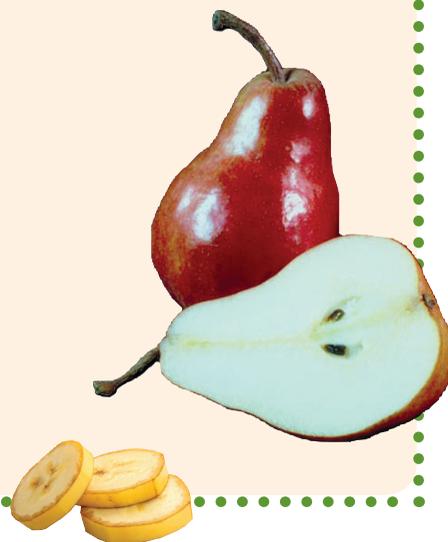
Quick DINNER Tips

30. Use spaghetti squash instead of pasta or rice in your favorite dishes.
31. Add vegetables to a can of soup.
32. Substitute finely chopped vegetables with low-fat ricotta cheese for meat in your lasagna recipe.
33. Cook veggies in the microwave.
34. For variety, try a baked potato with veggie toppings.
35. Order extra vegetables when eating out.
36. Use fruit canned in water or its own juice to top salads.
37. Garnish your favorite dishes with colorful fruits and vegetables (like tomatoes).
38. Add pureed or finely minced vegetables to your meatloaf or spaghetti sauce.
39. Quick veggie pizza: top a pita pocket with spaghetti sauce, low-fat cheese, and vegetables.
40. Use greens other than iceberg lettuce in your salads.
41. Add veggies to your pasta.
42. Top a baked potato with salsa.
43. Add 1–3 more vegetables in casserole recipes.
44. Use pureed fruit for a sauce over meat.
45. Add pureed vegetables to thicken sauces, soups, or casseroles.
46. For a south-of-the-border flavor, make a layered vegetable burrito. Start with rice, beans, cheese, and corn. Then bring on the veggies!
47. In place of stir fry or teriyaki sauces, use undiluted frozen 100% juices.



Daring DESSERTS

48. Prepare Jell-O with juice instead of water and add fruit slices.
49. Use two times the amount of pureed canned beans for oil in cake mixes for a low fat treat.
50. Mash or puree fruit, sweeten lightly, and serve over ice cream.
51. For a treat, pour Sprite over cut-up fruit.
52. Bake pears or bananas with brown sugar and pineapple juice. Stuff them with raisins and spices.
53. Use canned baby food prunes or apple sauce in place of fat in muffins and cake mixes.
54. Top off a piece of angel food cake with fresh fruit.



Just Do It....

55. Be experimental. Try a new vegetable or fruit (or a different method of preparation) each week!

Adapted from the Utah Department of Health Cardiovascular Program.

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