

# Incorporating More Fruits and Vegetables

## Quotes:

It's bizarre that the produce manager is more important to my children's health than the pediatrician.

~Meryl Streep

Vegetables are the food of the earth; fruit seems more the food of the heavens.

~Sepal Felicivant

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

~Doug Larson



## Fruit intake:

- Serve fresh berries for dessert instead of ice cream
- Mix 100% fruit juice with club soda for a healthy soft drink
- Buy fresh fruit instead of cookies and pastries
- Make your own smoothies at home with bananas, berries and a little non-fat milk
- Add raisins or other dried fruits to your oatmeal
- Serve apple sauce as a side dish at dinner
- Freeze grapes and eat them as a snack instead of frozen ice cream treats
- Serve apple slices with peanut butter

## Vegetable intake:

- Serve raw sliced vegetables with vegetable dip instead of tortilla or potato chips.
- Add 1/2 cup salsa to a baked potato instead of cheese or sour cream.
- Add extra tomatoes, cucumbers, carrots, and broccoli florets to your salad.
- Making soup from a can for dinner? While it's cooking, add extra frozen vegetables like carrots and peas.
- Buy frozen vegetable blends that you steam in your microwave oven for quick side dishes.
- Going for pizza? Top it with spinach, peppers, olives and tomatoes instead of pepperoni and sausage.