



Are you looking for new and fresh ideas to eat more fruits and vegetables? Here are some easy ways to get started.

Dip it: snap peas, baby carrots, cherry tomatoes, red pepper slices, and celery sticks are great for dipping. Dip in your favorite bean dip like hummus, or low-fat ranch dressing. Dip strawberries, pieces of melon, grapes, sliced apples or pears in your favorite low-fat or fat-free yogurt.

Salads: Make it a rainbow! Add a variety of colorful fresh, steamed or grilled vegetables; fresh seasonal fruit or even frozen peas to your salad.

Time saving tip: make a large salad for a few meals throughout the week. Store it in an air-tight container in the refrigerator.

Breakfasts: Add fresh or frozen fruit to oatmeal, cold cereal, low-fat yogurt or cottage cheese. Top waffles or pancakes with fruit instead of syrup.

Sandwiches: Add extra tomato slices, lettuce, baby spinach, shredded carrots, chopped or sliced peppers, cucumber slices, or sliced apples on your next sandwich or wrap. Substitute sliced cucumbers or baby carrots for chips. Instead of two slices of bread on your next peanut butter sandwich, serve it open faced and top it off with sliced bananas or sliced apples.

Snacks: Take single servings of unsweetened applesauce to work. Fill a small snack bag with red or green pepper slices, grapes, fruit slices, baby carrots or small cherry tomatoes. Frozen grapes, mango pieces and bananas make excellent snacks on hot days.

Soups: Add shredded carrots, fresh or frozen peas, spinach, cut broccoli, or cauliflower to your favorite broth-based soup or chili.

Pasta sauces: Add shredded carrots, diced zucchini or yellow squash, fresh or frozen spinach to your favorite pasta sauce.

Eggs: Add fresh or frozen broccoli, spinach, mushrooms, hot or sweet peppers, tomatoes, or onions to your next omelet, egg sandwich or egg scramble.

Grilled vegetables: Onions, mushrooms, zucchini, tomatoes, red, yellow and green peppers taste great when grilled. Throw on extra vegetables to use later in the week and add to sandwiches, pita, wraps, salads and pasta sauces.

Grilled fruit: Grilled pineapple slices, peaches, or nectarines make a great dessert. Grill extra to use later in the week.

Dining out or take out: Ask for extra vegetables and less cheese or meat when ordering your next pizza. Instead of having potato or rice, ask for two vegetable sides or a small side salad.