

# Eat More Veggies and Fruits!



Veggies and Fruits give us:

- Vitamins and minerals.
- Fiber
- Phytochemicals or Fight-O-Chemicals that help lower the risk of:
  - some cancers
  - heart disease
  - stroke and
  - help lower blood pressure.

MyPyramid tells us to:

- Eat 2 to 3 cups of veggies and fruits each day depending on your personal MyPyramid plan.
- Eat more dark green and orange veggies.
- Eat veggies and fruits raw, cooked, frozen, canned or dried.
- Eat lots of different veggies and fruits.
- Drink less fruits juice. Eat more fresh fruits.



## Here are some ways to add veggies and fruits to your favorite foods:

- Add mushrooms, peppers, tomatoes or onions to your omelet.
- Add eggplant, onions, broccoli, peppers, tomatoes, spinach or your favorite vegetable to cheese pizza.
- Add chopped vegetables like carrots or zucchini to spaghetti sauce.
- Add mixed vegetables to rice dishes, casseroles or burritos.
- Try mashed sweet potatoes instead of white potatoes.
- Make a fruit smoothie by mixing yogurt with bananas, strawberries or your favorite fruit.
- Add extra chopped peppers, carrots, red onions, broccoli or your favorite vegetable to your salad.



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