

Eat More Fruits and Veggies!



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



Here are some ways to add fruits and veggies 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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