



50 Easy Ways to Eat More

In the morning.....

1. Add a handful (about ½ cup) of frozen blueberries to cold cereal.
2. Stir in ¼ cup of dried cranberries into hot cereal.
3. Have 6 oz. of 100% fruit or vegetable juice.
4. Enjoy a fruit smoothie made with frozen fruit, juice and yogurt.
5. Layer berries, yogurt and granola for a breakfast parfait.
6. Spread peanut butter and sliced bananas on toast.
7. Top whole grain waffles with sliced fruit or a cooked fruit topping.
8. Mix in cooked vegetables like spinach, asparagus tips or broccoli buds into scrambled eggs or fold into an omelet.
9. Make a trail mix with 1 cup of whole grain cereal, ¼ cup dried fruit and ¼ cup nuts or seeds.
10. Stir in ½ cup canned fruit like peaches or pineapple into cottage cheese.

At lunch.....

11. Pack a fruit cup, box of raisins or a piece of fruit in your lunch.
12. Fill your sandwich with fresh vegetables like sliced tomatoes, cucumbers, bell peppers and onions.
13. Add a grated carrot and chopped apple to your tuna or chicken salad.
14. Grab a can of tomato or vegetable soup for a quick lunch or snack.
15. Toss leftover pasta or rice with veggies and a low-fat vinaigrette for a super salad. Add tuna, diced chicken or beans for protein.
16. Buy a container of cut-up mixed fruit at the supermarket and use for lunches and afternoon snacks.
17. Make a wrap with fresh spinach, red bell pepper slices, turkey and cheese.
18. Top a sandwich with sauerkraut or slaw mix.
19. Freeze a juice box to keep your lunch cold.
20. Add sliced apples or grated carrots to your peanut butter sandwich.

At dinner.....

21. Add fresh spinach or roasted red peppers to a pizza.
22. Add pre sliced veggies to jarred spaghetti sauce.
23. Veggie-up your chili with grated carrot, diced eggplant or canned beans.
24. Add a package of broccoli to pasta during the last three minutes of cooking and top with garlic, olive oil and parmesan cheese.
25. Super size your produce portions. Have 1 cup of broccoli (2 servings) with your pasta and ½ cup tomato sauce (1 serving) for 3 servings at dinner
26. Add ½ cup shredded carrots and ½ cup grape tomatoes to your 1 cup lettuce mix for a 3 serving salad.
27. Snack on raw veggies and dip while cooking dinner. Try frozen peas or corn.
28. Add steamed sweet potato chunks to your bean burrito made with refried beans, corn, salsa and reduced fat cheddar cheese.
29. Stuff a whole wheat pita with fresh spinach, red peppers and hummus.
30. Have a barbeque chicken quesadilla with slaw mix and reduced fat sour cream flavored with cilantro and lime juice.

On the side.....

31. Roast veggies drizzled with olive oil in a 425 degree oven until tender. Use leftovers for salads or veggie sandwiches.
32. Make a fast and healthy shredded carrot salad by adding raisins, lemon juice and a little sugar.
33. Add grated carrots, baby peas and sliced green onions to rice, couscous or wheat bulgur.
34. Sauté fresh greens with minced garlic over high heat for a few minutes. Season with olive or sesame oil, salt and pepper.
35. Add cooked, frozen, chopped kale and parmesan cheese to mashed potatoes.
36. Steam a bag of baby carrots in 2/3 cup apple juice. Stir in 1-2 tablespoons of maple syrup and 1 tsp butter.
37. Add mandarin oranges or grapefruit sections to a spinach salad.
38. Serve applesauce flavored with cinnamon as a simple side to pork dishes.
39. Sauté broccoli slaw mix as a quick side or mix into pasta or rice.
40. Bake or microwave a sweet potato. Season with cinnamon if desired.

Snacks and Desserts

41. Keep a bowl of fruit in full view on the counter for quick snacks or grab on the way to work.
42. Have individual bags of carrots in easy reach for a quick snack.
43. Use bean dips and salsa for chips instead of sour cream based dips.
44. Snack on frozen cherries or peach slices right from the bag.
45. Use an apple slicer for peanut butter & apple sandwiches or roll apple slices in powdered flavored gelatin for sparking apples.
46. Fill celery sticks with light cream cheese, yogurt cheese or peanut butter.
47. Freeze leftover smoothies in paper cups for frozen pops.
48. Bake an apple with ¼ cup raisins, 1 tsp butter and cinnamon.
49. Mix in sliced fruit to pudding, tapioca or frozen yogurt.
50. Freeze grapes or a peeled banana wrapped in plastic wrap for a refreshing cold treat.

For more tips and recipes visit www.fruitsandveggiesmorematters.org

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