



## Adding Fruits and Vegetables to Your Diet



### What is a serving of fruits and veggies? Here are some helpful tips:

Remember portion sizes

1 cup broccoli=baseball size portion

1/2cup blueberries=size of a lightbulb

1 medium size apple=baseball

1 cup carrots=baseball

¼ cup raisins=size of a golfball

1 cup raw veggies=baseball

Many experts suggest we need from five to nine servings of fruits and vegetables a day.

### Keep fruit and vegetables ready to eat

Keep a bowl of fruit on the counter or on your desk at work to grab when you are hungry.

Buy prepackaged, ready to eat fruits and vegetables, this will cut out your preparation time.

Keep dried fruit on hand and with you to eat when you are away from home.

Use the microwave to quickly cook vegetables-steam them!

### Make fruits and vegetables tasty

Dip raw vegetables in low fat salad dressing, hummus or peanut butter.

Add extra vegetables to pasta sauces-include grated zucchini or carrots, spinach, kale and bell peppers.

Add dried fruit to pancakes, oatmeal and waffles; also top these with fresh fruit for a special treat.

Make fruit smoothies by blending together fresh or frozen fruit, fruit juice and yogurt.

Add fruit to tuna and chicken salad-try raisins, apple chunks, pineapple, sliced pears, grapes and nectarines.

Bake apples or pears and top with cinnamon and honey for a delicious dessert.

Roast vegetables and fruits drizzled with a small amount of olive oil either on the grill or in the oven.

Grilled pineapple and peaches are wonderful! Fruits don't need the olive oil.

Add extra vegetables to a sandwich or panini-lettuce, tomatoes, cucumbers, bell peppers and avocado slices make wonderful choices.

**Be creative, there are always ways to add extra fruits and vegetables to your diet!**