

Enjoy More Fruits & Vegetables



What are colorful, flavorful and pack a punch in the fight against chronic disease? Fruits and vegetables! Fruits and vegetables are high in fiber, vitamins and minerals and can decrease the risk for certain cancers and heart disease. Fruits and vegetables are also naturally low in calories which can help you achieve and maintain a healthy weight.

How many servings of fruits and vegetables should you have every day? The simple answer is probably more than what you are currently eating. To find out more about the amount that best meets your needs, visit:

- ◆ www.FruitsAndVeggiesMatter.gov
- ◆ www.MyPyramid.gov

Choose a colorful array of fruits and vegetables everyday for various nutrients like Vitamins A and C, folate and fiber. Fresh, canned, frozen with no cream, butter or sugar added are all excellent options.



WORKSITE WELLNESS TURKEY PROGRAM

Smart Fuel

Quick Tips to Try

Enjoy More Fruits and Vegetables for Breakfast, Lunch, Dinner or Snack.

1. Add veggies such as peppers, onions, mushrooms, spinach and tomatoes to your omelet or scrambled eggs for breakfast.
2. Add fruit to cereal, yogurt or oatmeal.
3. Add vegetables to your lunch sandwich— in addition to lettuce and tomatoes, try bean sprouts, cucumbers, zucchini or squash slices.
4. Start lunch or dinner with a salad and low fat dressing.
5. Freeze blueberries or sliced bananas for a sweet mid-day treat.
6. Pack snack bags filled with carrots, celery sticks, cherry tomatoes and zucchini strips.
7. Keep a bowl of fresh fruit on your desk or kitchen counter for a quick and easy snack any time of the day.

**Remember to give yourself a point each time you complete a tip!
Give yourself a bonus point each time you try
a new fruit or vegetable!**